# Duke Fitness Club

## Exercising Your Options

Updated as of 6/11/2024

### Wilson and Brodie Recreation Centers

**Location:** Wilson, West Campus and Brodie, East Campus  
**Phone:** 919-684-5696 and 919-613-7538  
**Membership Rate**  
( Includes access to both facilities)  
*Individual $28.50 /month **  
**Note: This rate will increase by $1.00 per year  
**Only individual memberships are available through the DFC.*

### Fuel Fitness

**Location:** Durham  
**Phone:** 919-544-9000  
**Membership Rates**  
Premium Single: $35  
VIP Single: $45  
Premium Couple: $62  
VIP Couple: $77  
Premium Family: $82  
VIP Family: $102

### Duke Health and Fitness Center

**Locations:** Durham  
**Phone:** 919-660-6660  
**Membership Rates:**  
Duke Employee/Retiree:  
Clinical $64/month or Standard $54/month  
Family Rates*:  
Family Rate for Members: Clinical $59/month or Standard $49/month  
Family Rate for Non-Members: Clinical $74/month or Standard $64/month  
$100 initiation fee for one new member, $150 initiation fee for two new members, $200 initiation fee for 3+ new members

### Bodyworx Aerobic and Fitness Center

**Location:** Oxford  
**Phone:** 919-693-6826  
**Membership Rates**  
Individual $28.00/month

### Total Fitness

**Location:** Roxboro  
**Phone:** 336-599-5033  
**Membership Rates**  
*Single $28.00/month  
Couple $53.00/month  
Family $78.00/month*

### FOR MORE INFORMATION, GO TO:  
[www.hr.duke.edu/fitness](http://www.hr.duke.edu/fitness)

### WELLBEATS

**Online Streaming Fitness Classes**  
Unlimited use at your convenience  
$5.00/month

### Jewish for Good at the Levin JCC

**Location:** Durham  
**Phone:** 919-354-4936  
**Membership Rates**  
Individual $63.00/month  
Couple $96.00/month  
Family $117.00/month  
Single Parent, One dependent $77.00/month  
Single Parent, Two or more dependents $82.00/month  
Senior individual (70+ yrs.) $52.00/month  
Senior Couple $77.00/month  
Young Adult (14-28 yrs.) $42.00/month  
Young Adult Couple (14-28 yrs.) $72.00/month

### HealthTrax Fitness

**Location:** Raleigh  
**Phone:** 919-847-2393  
**Membership Rates**  
*All memberships include a $49.00 enrollment fee.  
Individual $39.00/month  
Couple $59.00/month  
Family $69.00/month*
**Orange County SportsPlex**

**Location:** Hillsborough  
**Phone:** 919-644-0339

**Membership Rates**

*All month to month memberships include a $50.00 enrollment fee
*Enrollment fee waived by paying 12 months in advance

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<thead>
<tr>
<th>Platinum Membership</th>
<th>Gold Membership</th>
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<tbody>
<tr>
<td>Single $49.89/month $598.68</td>
<td>Single $37.99/month $455.88</td>
</tr>
<tr>
<td>Parent/Dependent Child $55.49/month $665.88</td>
<td>Parent/Dependent Child $44.99/month $539.88</td>
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<tr>
<td>Couple $58.99/month $707.88</td>
<td>Couple $51.99/month $623.88</td>
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<tr>
<td>Family $70.89/month $850.68</td>
<td>Family $58.99/month $707.88</td>
</tr>
</tbody>
</table>

*Platinum Membership includes Fitness, Cardio Center, Group Exercise Classes, Water Aerobics, Aquatics Center and Public Skate.*

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**O2 Fitness**

**Locations:** O2 Fitness Brier Creek(Raleigh), O2 Fitness Burlington(Burlington), O2 Fitness Chapel Hill North Chatham(Chapel Hill),
O2 Fitness Carrboro Downtown(Carrboro), O2 Fitness Holly Springs(Holly springs),
O2 Fitness North Ridge(Raleigh), O2 Fitness Park Place(Morrisville),
O2 Fitness Raleigh Seaboard Station(Raleigh),
O2 Fitness University Hill(Durham), O2 Fitness Winston Salem (coming 2024)

(included but not listed: High Point, Greensboro & Wilmington NC, and all SC locations)

**Membership Rates**

*Kid’s Club is for age 6 months to 11 years, included at no charge. Members are anyone ages 12 and up accessing the facility. Anyone with a member under age 12 must select a membership which includes Kid’s Club.*

| 1 Member - $53.00                | 1 Member with Kid’s Club* - $53.00 |
| 2 Members - $83.00               | 2 Members with Kid’s Club* - $83.00 |
| 3 Members - $103.00              | 3 Members with Kid’s Club* - $103.00 |
| 4 Members - $123.00              | 4 Members with Kid’s Club* - $123.00 |
| 5 Members - $143.00              | 5 Members with Kid’s Club* - $143.00 |
| 6 Members - $163.00              | 6 Members with Kid’s Club* - $163.00 |
| 7 Members - $183.00              | 7 Members with Kid’s Club - $183.00 |
### YMCA of the Triangle

#### Durham Branch
*(Downtown Durham**, Hope Valley Farms, American Tobacco, Lakewood)*

**Downtown Durham closing in 2023**

- 1 Young Adult (ages 18 to 28): $52.07
- 1 Young Adult w/dep: $66.37
- 2 Young Adults: $104.13
- 2 Young Adults w/dep: $115.77
- 1 Adult (ages 29 to 64): $59.31
- 1 Adult w/dep: $73.63
- 2 Adults: $118.61
- 2 Adults w/dep: $130.25
- 3 Adults: $172.59
- 3 Adults w/dep: $179.39
- Senior (ages 65 and up): $52.49
- 1 Senior w/dep: $66.07
- 2 Seniors: $104.97
- 2 Seniors w/dep: $116.61

#### Raleigh Branch
*(Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale)*

**Downtown Durham closing in 2023**

- 1 Young Adult (ages 18 to 28): $47.37
- 1 Young Adult w/dep: $71.69
- 2 Young Adults: $94.73
- 2 Young Adults w/dep: $118.08
- 1 Adult (ages 29 to 64): $57.27
- 1 Adult w/dep: $81.60
- 2 Adults: $114.55
- 2 Adults w/dep: $137.89
- 3 Adults: $165.38
- 3 Adults w/dep: $185.01
- Senior (ages 65 and up): $51.41
- 1 Senior w/dep: $74.52
- 2 Seniors: $102.84
- 2 Seniors w/dep: $126.19

#### Alexander & Poyner
*(Downtown Raleigh)*

- 1 Young Adult (ages 18 to 28): $52.41
- 1 Young Adult w/dep: $66.71
- 2 Young Adults: $104.83
- 2 Young Adults w/dep: $116.47
- 1 Adult (ages 29 to 64): $59.70
- 1 Adult w/dep: $74.00
- 2 Adults: $119.40
- 2 Adults w/dep: $137.89
- 3 Adults: $172.59
- 3 Adults w/dep: $185.01
- Senior (ages 65 and up): $52.84
- 1 Senior w/dep: $66.42
- 2 Seniors: $105.67
- 2 Seniors w/dep: $117.31

#### Chapel Hill

- 1 Young Adult (ages 18 to 28): $47.37
- 1 Young Adult w/dep: $71.69
- 2 Young Adults: $94.73
- 2 Young Adults w/dep: $118.08
- 1 Adult (ages 29 to 64): $57.27
- 1 Adult w/dep: $81.60
- 2 Adults: $114.55
- 2 Adults w/dep: $137.89
- 3 Adults: $165.38
- 3 Adults w/dep: $185.01
- Senior (ages 65 and up): $51.41
- 1 Senior w/dep: $74.52
- 2 Seniors: $102.84
- 2 Seniors w/dep: $126.19

#### Poole Family
*(Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale)*

- 1 Young Adult (ages 18 to 28): $43.39
- 1 Young Adult w/dep: $65.53
- 2 Young Adults: $86.78
- 2 Young Adults w/dep: $108.03
- 1 Adult (ages 29 to 64): $52.26
- 1 Adult w/dep: $74.40
- 2 Adults: $104.53
- 2 Adults w/dep: $122.42
- 3 Adults: $150.90
- 3 Adults w/dep: $171.09
- Senior (ages 65 and up): $47.04
- 1 Senior w/dep: $74.52
- 2 Seniors: $102.84
- 2 Seniors w/dep: $126.19

#### Ingram Family (Lee County)

- 1 Young Adult (ages 18 to 28): $41.76
- 1 Young Adult w/dep: $63.90
- 2 Young Adults: $83.53
- 2 Young Adults w/dep: $104.79
- 1 Adult (ages 29 to 64): $50.32
- 1 Adult w/dep: $72.45
- 2 Adults: $100.64
- 2 Adults w/dep: $121.89
- 3 Adults: $139.81
- 3 Adults w/dep: $164.41
- Senior (ages 65+): $45.28
- 1 Senior w/dep: $66.58
- 2 Seniors: $90.55
- 2 Seniors w/dep: $111.80

#### Southeast Raleigh YMCA

- 1 Young Adult (ages 18-28): $41.76
- 1 Young Adult w/dep: $63.90
- 2 Young Adults: $83.53
- 2 Young Adults w/dep: $104.79
- 1 Adult (ages 29 to 64): $50.32
- 1 Adult w/dep: $72.45
- 2 Adults: $100.64
- 2 Adults w/dep: $121.89
- 3 Adults: $139.81
- 3 Adults w/dep: $164.41
- Senior (ages 65+): $45.28
- 1 Senior w/dep: $66.58
- 2 Seniors: $90.55
- 2 Seniors w/dep: $111.80

#### East Raleigh YMCA

- 1 Young Adult (ages 18-28): $44.81
- 1 Young Adult w/dep: $68.99
- 2 Young Adults: $89.62
- 2 Young Adults w/dep: $112.84
- 1 Adult (ages 29-64): $53.99
- 1 Adult w/dep: $78.17
- 2 Adults: $107.98
- 2 Adults w/dep: $125.46
- 3 Adults: $155.89
- 3 Adults w/dep: $168.78
- Senior (ages 65+): $48.60
- 1 Senior w/dep: $71.57
- 2 Seniors: $97.19
- 2 Seniors w/dep: $120.40
YMCA of the Triangle

**Locations:** Apex, Cary, Garner, Durham, Knightdale, Raleigh, Sanford, Wake Forest, Chapel Hill, Chatham County

**Various locations:** www.ymcatriangle.org

**Membership Policies and Regulations**

Dependents may include children, foster children, grandchildren and other children under the age of 23 for whom the adult is guardian. Senior members must be 65 years and above.

*For Ingram Family, SE Raleigh and Durham Branch YMCAs, nursery care is included for children under 5 years old.

**Please note that the Downtown Durham YMCA is closing in 2023; exact date is TBD**

<table>
<thead>
<tr>
<th>Membership Types</th>
<th>*Durham YMCAs</th>
<th>**Raleigh Knightdale YMCAs</th>
<th>**Alexander &amp; Poyner YMCA</th>
<th>Southeast Raleigh YMCA</th>
<th>Chapel Hill YMCA</th>
<th>Poole Family YMCA</th>
<th>*Ingram Family YMCA</th>
<th>East Triangle YMCA</th>
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