

Duke Fitness Club

Exercising Your Options

FOR MORE INFORMATION, GO TO: HR.DUKE.EDU/FITNESS

<p><u>Wilson and Brodie Recreation Centers</u> Location: Wilson, West Campus and Brodie, East Campus Ph: 919-684-5696 and 919-613-7538</p> <p><u>Membership Rate</u> (Includes access to both facilities) <i>Individual \$21.00/month **</i></p> <p><i>** Individual memberships are only available through the Duke Fitness Club.</i> <i>Couple and Family memberships are available through the Duke Card Office.</i></p>	<p><u>Duke Health and Fitness Center</u> Location: Durham Ph: 919-660-6660</p> <p><u>Membership Rates</u> \$100.00 initiation fee for new members \$150.00 initiation fee for couple, \$200.00 for 3+ members</p> <p><i>Individual Membership (no restrictions):</i> <i>\$64.00/month Clinical or \$54.00/month Standard</i> <i>Afternoon Delight (M-F noon-4pm, all day Sat & Sun)</i> <i>\$47.00/month Clinical or \$37.00/month Standard</i></p>
<p><u>Fitness World</u> Location: Durham Ph: 919-544-9000</p> <p><u>Membership Rates</u> <i>Single \$31.00/month</i> <i>Couple \$53.00/month</i> <i>Family \$75.00/month</i></p> <p>NEW! AMP All Access \$99.00/month or \$149 for Couple</p>	<p><u>Millennium Sports Club</u> Location: Durham Ph: 919-384-1992</p> <p><u>Membership Rates</u> <i>Single \$33.00/month</i> <i>Couple \$63.00/month</i> <i>Family \$93.00/month</i></p>
<p><u>New Millennium Fitness</u> Locations: Mebane and Hillsborough Ph: 919-563-2887 and 919-644-2639</p> <p><u>Membership Rates</u> (Includes access to both facilities) <i>Single \$33.00/month</i> <i>Couple \$63.00/month</i> <i>Family \$88.00/month</i> <i>Pool \$10.00/month with gym membership</i> <i>Pool Only \$20.00/month</i></p>	<p><u>Levin Jewish Community Center of Durham</u> Location: Durham Ph: 919-354-4936</p> <p><u>Membership Rates</u> <i>Individual \$61.00/month</i> <i>Couple \$87.00/month</i> <i>Family \$106.00/month</i> <i>Single Parent, One dependent \$70.00/month</i> <i>Single Parent, Two or more dependents \$77.00/month</i> <i>Senior individual (70+ yrs) \$53.00/month</i> <i>Senior Couple (70+ yrs) \$73.00/month</i> <i>Young Adult (14-28 yrs) \$41.00/month</i></p>
<p><u>Southwind Health and Wellness Center</u> Location: Durham Ph: 919-382-0082</p> <p><u>Membership Rates</u> <i>Individual Pool Aerobics \$23.50/month</i> <i>Individual Wellness \$27.50/month</i> <i>Family Pool Aerobics \$40.75/month</i> <i>Family Wellness \$51.50/month</i></p> <p><i>*Rates reflect prices for new member 1/1/2017 and after</i></p>	<p><u>HealthTrax Fitness</u> Location: Raleigh Ph: 919-847-2393</p> <p><u>Membership Rates</u> *All memberships include a \$49.00 enrollment fee.</p> <p><i>Individual \$55.00/month</i> <i>Couple \$79.00/month</i> <i>Family \$88.00/month</i></p>
<p><u>Bodyworx Aerobic and Fitness Center</u> Location: Oxford Ph: 919-693-6826</p> <p><u>Membership Rates</u> <i>Individual \$25.00/month</i></p>	<p><u>Total Fitness</u> Location: Roxboro Ph: 336-599-5033</p> <p><u>Membership Rates</u> <i>Single \$28.00/month</i> <i>Couple \$53.00/month</i> <i>Family \$78.00/month</i></p>

Fitness Connection

Locations: Raleigh, Durham and Cary

Membership Rates

Individual \$21.95/month

Triangle SportsPlex

Location: Hillsborough Ph: 919-644-0339

Membership Rates

*All month to month memberships include a \$49.00 enrollment fee

**Enrollment fee waived by paying 12 months in advance*

Platinum Membership

Single \$48.49/month \$581.88

Parent/Dependent Child \$54.09/month \$649.08

Parent/Second Dependent Child \$57.59/month \$691.08

Couple \$57.59/month \$691.08

Family \$69.49/month 833.88

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

Gold Membership

Single \$35.89/month \$430.68

Parent/Dependent Child \$42.89/month \$514.68

Parent/Second Dependent Child \$50.59/month \$607.08

Couple \$50.59/month \$607.08

Family \$56.89/month \$682.68

Senior Single \$27.99/month \$346.68

Senior Couple \$40.99/month \$491.88

O₂ Fitness

Locations: **Cary-** Preston Walk; **Raleigh-** Seaboard Station, Falls of the Neuse, Brennan Station; **Wake Forest-** The Factory
Chapel Hill/Carrboro- North Chatham, Falconbridge, Elliot Road, Downtown Carrboro; **Fuquay-Varina-** Fuquay Crossing
(included but not listed: 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

Enrollment Fee- \$25.00

1 Member- \$38.00

2 Members- \$68.00

3 Members- \$88.00

4 Members- \$108.00

5 Members- \$128.00

6 Members- \$148.00

7 Members- \$168.00

1 Member with Kid's Club - \$38.00*

2 Members with Kid's Club - \$68.00*

3 Members with Kid's Club - \$88.00*

4 Members with Kid's Club - \$108.00*

4 Members with Kid's Club - \$128.00*

6 Members with Kid's Club - \$148.00*

7 Members with Kid's Club - \$168.00

Life Time Fitness

Locations: Raleigh, Cary, Apex

Membership Rates

**\$0.00 Enrollment fee*

Add-on children (3 months - 13 years) is \$10.00 per child for Bronze-level and \$20 per child for Platinum-level

At age 14, children are considered an "adult" and will count as an adult on a membership in addition to adults existing on a membership.

An 18 year old dependent may join as a 1 adult under 26 if the employee/caregiver is not on the membership, but is using the benefit to pay for the membership for the eligible dependent. Additionally, if the employee is under 26 years old, they will be able to enroll in a "26 and Under" membership at our Platinum clubs

Platinum Membership

Raleigh, Cary, all locations nationwide

1 Adult (age 26 and under)-\$72.00

1 Adult- \$82.00

2 Adult- \$132.00

3 Adult- \$172.00

4+ Adult- \$192.00

Bronze Membership

Six Forks and/or Plantation Point

1 Adult (Dynamic) - \$23.00

2 Adult (Dynamic) - \$43.00

3 Adult (Dynamic) - \$63.00

4+ Adult (Dynamic) - \$83.00

Bronze Membership

Apex Location Only

1 Adult (Standard) - \$48.00

2 Adult (Standard) - \$88.00

3 Adult (Standard) - \$123.00

4+ Adult (Standard) - \$143.00

YMCA of the Triangle 2017 Price List

Locations: Apex, Cary, Durham, Raleigh, Sanford, Wake Forest, Chapel Hill, Chatham County
 Various locations: <http://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 and Durham Branch YMCAs, nursery care is included for children under 5 yrs. old

**For Alexander YMCA and Raleigh Branch YMCAs, nursery care is an additional \$15 for children under 5 yrs. Old

As part of the Duke Fitness Club, faculty and staff will receive waived enrollment fees to the Triangle YMCA facilities

<p>*Durham Branch (Downtown Durham, Hope Valley Farms, American Tobacco, Lakewood)</p> <p>1 Young Adult (ages 14 to 28): \$42.14 1 Young Adult w/dep: \$47.70 2 Young Adults: \$82.08 2 Young Adults w/dep: \$87.34</p> <p>1 Adult (ages 29 to 64): \$49.64 1 Adult w/dep: \$55.82 2 Adults: \$99.28 2 Adults w/dep: \$102.92 3 Adults: \$143.35 3 Adults w/dep: \$148.27</p> <p>Senior (ages 65 and up): \$44.67 1 Senior w/dep: \$50.24 2 Seniors: \$89.34 2 Seniors w/dep: \$92.63</p>	<p>**Raleigh Branch (Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary)</p> <p>1 Young Adult (ages 14 to 28): \$37.14 1 Young Adult w/dep: \$56.94 2 Young Adults: \$74.28 2 Young Adults w/dep: \$94.08</p> <p>1 Adult (ages 29 to 64): \$44.90 1 Adult w/dep: \$65.23 2 Adults: \$89.80 2 Adults w/dep: \$102.92 3 Adults: \$129.66 3 Adults w/dep: \$145.11</p> <p>Senior (ages 65 and up): \$40.41 1 Senior w/dep: \$58.70 2 Seniors: \$80.82 2 Seniors w/dep: \$92.63</p>	<p>**Alexander (Downtown Raleigh)</p> <p>1 Young Adult (ages 14 to 28): \$42.37 1 Young Adult w/dep: \$52.96 2 Young Adults: \$84.74 2 Young Adults w/dep: \$95.33</p> <p>1 Adult (ages 29 to 64): \$48.26 1 Adult w/dep: \$58.75 2 Adults: \$96.52 2 Adults w/dep: \$102.91 3 Adults: \$142.02 3 Adults w/dep: \$145.10</p> <p>Senior (ages 65 and up): \$42.71 1 Senior w/dep: \$52.70 2 Seniors: \$85.42 2 Seniors w/dep: \$95.41</p>
<p>Chapel Hill/Chatham</p> <p>1 Young Adult (ages 14 to 28): \$38.50 1 Young Adult w/dep: \$51.70 2 Young Adult: \$74.80 2 Young Adult w/dep: \$88.00</p> <p>1 Adult (ages 29 to 64): \$48.41 1 Adult w/dep: \$59.95 2 Adults: \$77.25 2 Adults w/dep: \$88.81 3 Adults: \$112.35 3 Adults w/dep: \$128.40</p> <p>Senior (ages 65 and up): \$43.57 1 Senior w/dep: \$53.96 2 Seniors: 69.53 2 Seniors w/dep: \$79.93</p>	<p>*Ingram Family (Lee County)</p> <p>1 Young Adult (ages 14 to 28): \$29.82 1 Young Adult w/dep: \$37.82 2 Young Adults: \$59.64 2 Young Adults w/dep: \$67.64</p> <p>1 Adult (ages 29 to 64): \$37.70 1 Adult w/dep: \$45.62 2 Adults: \$73.32 2 Adults w/dep: \$79.16 3 Adults: \$109.98 3 Adults w/dep: \$114.78</p> <p>Senior (ages 65 and up): \$33.54 1 Senior w/dep: \$41.16 2 Seniors: \$67.08 2 Seniors w/dep: \$74.70</p>	<p>All YMCA members will have access to all YMCA branches.</p>

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Membership Types	*Durham YMCAs	**Raleigh YMCAs	**Alexander YMCA	Chapel Hill YMCA	*Ingram Family YMCA
Young Adult (Ages 18-28)	\$42.14	\$37.14	\$42.37	\$38.50	\$29.82
Young Adult/Dependents	\$47.70	\$56.94	\$52.96	\$51.70	\$37.82
2 Young Adults	\$82.08	\$74.28	\$84.74	\$74.80	\$59.64
2 Young Adults/Dependents	\$87.34	\$94.08	\$95.33	\$88.00	\$67.64
Adult (Ages 29-64)	\$49.64	\$44.90	\$48.26	\$48.41	\$37.70
Adult/Dependents	\$55.82	\$65.23	\$58.75	\$59.95	\$45.62
2 Adults	\$99.28	\$89.80	\$96.52	\$77.25	\$73.32
2 Adults/ Dependents	\$102.92	\$102.92	\$102.91	\$88.81	\$79.16
3 Adults	\$143.35	\$129.66	\$142.02	\$112.35	\$109.98
3 Adults/ Dependents	\$148.27	\$145.11	\$145.10	\$128.40	\$114.78
Senior (Age 65 and up)	\$44.67	\$40.41	\$42.71	\$43.57	\$33.54
Senior/ Dependents	\$50.24	\$58.70	\$52.70	\$53.96	\$41.16
2 Seniors	\$89.34	\$80.82	\$85.42	\$69.53	\$67.08
2 Seniors/ Dependents	\$92.63	\$92.63	\$95.41	\$79.93	\$74.70