## Duke Fitness Club

### Exercising Your Options

For more information, go to: [hr.duke.edu/fitness](http://hr.duke.edu/fitness)

### 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** $22.00/month **July 1, 2019 and after**
  - **Couple and Family memberships** are available through the Duke Card Office.

### Duke Health and Fitness Center

- **Location:** Durham
- **Phone:** 919-660-6660

#### Membership Rates

- **$100.00 initiation fee for new members**
- **$150.00 initiation fee for couple, $200.00 for 3+ members**

*Opposite July 1, 2019 and after:
  - **Duke Employee/Retiree rate:** $64.00/month Clinical or $54.00/month Standard
  - **Family Rate:** $57/month Clinical or $47/month Standard
  - **Afternoon Delight (M-F noon-4pm, all day Sat & Sun):** $47.00/month Clinical or $37.00/month Standard

### Fitness World

- **Location:** Durham
- **Phone:** 919-544-9000

#### Membership Rates

- **Single** $31.00/month
- **Couple** $53.00/month
- **Family** $75.00/month

**NEW! AMP All Access $99.00/month or $149 for Couple**

### Millennium Sports Club

- **Location:** Durham
- **Phone:** 919-384-1992

#### Membership Rates

- **Single** $33.00/month
- **Couple** $63.00/month
- **Family** $93.00/month

### New Millennium Fitness

- **Locations:** Mebane and Hillsborough
- **Phone:** 919-563-2887 and 919-644-2639

#### Membership Rates

- (Includes access to both facilities)
  - **Single** $33.00/month
  - **Couple** $63.00/month
  - **Family** $88.00/month
  - **Pool** $10.00/month with gym membership
  - **Pool Only** $20.00/month

### Southwind Health and Wellness Center

- **Location:** Durham
- **Phone:** 919-382-0082

#### Membership Rates

- **Individual Pool Aerobics** $23.50/month
- **Individual Wellness** $27.50/month
- **Family Pool Aerobics** $40.75/month
- **Family Wellness** $51.50/month

*Rates reflect prices for new member 1/1/2017 and after*

### Levin Jewish Community Center of Durham

- **Location:** Durham
- **Phone:** 919-354-4936

#### Membership Rates

- **Individual** $60.00/month
- **Couple** $87.00/month
- **Family** $107.00/month
- **Single Parent, One dependent** $73.00/month
- **Single Parent, Two or more dependents** $78.00/month
- **Senior individual (70+ yrs)** $52.00/month
- **Senior Couple (70+ yrs)** $73.00/month
- **Young Adult (14-28 yrs)** $40.00/month

### HealthTrax Fitness

- **Location:** Raleigh
- **Phone:** 919-847-2393

#### Membership Rates

- *All memberships include a $49.00 enrollment fee.*
  - **Individual** $58.00/month
  - **Couple** $82.00/month
  - **Family** $90.00/month

### PRIME Athletic and Fitness Training Institute

- **Location:** Durham
- **Phone:** 919-908-6061

#### Membership Rates

- *Enrollment fee: $30.00 (one) or $75.00 (2+ individuals)*
  - **Diamond** $49.99
  - **Gold** $29.99
  - **Bronze** $19.99

### Total Fitness

- **Location:** Roxboro
- **Phone:** 336-599-5033

#### Membership Rates

- **Single** $28.00/month
- **Couple** $53.00/month
- **Family** $78.00/month
## Bodyworx Aerobic and Fitness Center
**Location:** Oxford  
**Phone:** 919-693-6826  

**Membership Rates**  
Individual $25.00/month  

---

## Triangle SportsPlex
**Location:** Hillsborough  
**Phone:** 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**  

---

## 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

<table>
<thead>
<tr>
<th>Members</th>
<th>Rate</th>
<th>1 Member with Kid’s Club*</th>
<th>1 Member with Kid’s Club*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$38.00</td>
<td>$38.00</td>
<td>$38.00</td>
</tr>
<tr>
<td>2</td>
<td>$68.00</td>
<td>$68.00</td>
<td>$68.00</td>
</tr>
<tr>
<td>3</td>
<td>$88.00</td>
<td>$88.00</td>
<td>$88.00</td>
</tr>
<tr>
<td>4</td>
<td>$108.00</td>
<td>$108.00</td>
<td>$108.00</td>
</tr>
<tr>
<td>5</td>
<td>$128.00</td>
<td>$128.00</td>
<td>$128.00</td>
</tr>
<tr>
<td>6</td>
<td>$148.00</td>
<td>$148.00</td>
<td>$148.00</td>
</tr>
<tr>
<td>7</td>
<td>$168.00</td>
<td>$168.00</td>
<td>$168.00</td>
</tr>
</tbody>
</table>

---

## Life Time Fitness
**Locations:** Raleigh, Cary, Apex  

**Membership Rates**  
*No enrollment fee, no update fees

Add-on children (3 months - 13 years) is $10.00 per child for Bronze-level and $25 per child for Onyx Limited-level  
At age 14, children are considered an “Adult” and will count as an adult in addition to adults existing on a membership.  
An 18 year old dependent may join as a 1 Adult (age 26 and under) 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 Onyx Limited clubs

### Onyx Limited Membership  
Raleigh, Cary, all locations Onyx Limited and under nationwide  
- 1 Adult (age 26 and under) - $72.00  
- 1 Adult - $82.00  
- 2 Adult - $142.00  
- 3 Adult - $182.00  
- 4+ Adult - $212.00

### Bronze Membership  
Plantation Pt.  
- 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) - $38.00  
- 2 Adult (Standard) - $78.00  
- 3 Adult (Standard) - $113.00  
- 4+ Adult (Standard) - $133.00

---

## WELLBEATS
**Online Streaming Fitness Classes**  
Unlimited use at your convenience  
$5.00/month
<table>
<thead>
<tr>
<th>YMCA of the Triangle</th>
<th><strong>Durham Branch</strong> <em>(Downtown Durham, Hope Valley Farms, American Tobacco, Lakewood)</em></th>
<th><strong>Raleigh Branch</strong> <em>(Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale)</em></th>
<th><strong>Alexander &amp; Poyner</strong> <em>(Downtown Raleigh)</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Young Adult (ages 18 to 28): $43.40</td>
<td>1 Young Adult (ages 18 to 28): $38.25</td>
<td>1 Young Adult (ages 18 to 28): $43.64</td>
<td>1 Young Adult (ages 18 to 28): $43.00</td>
</tr>
<tr>
<td>1 Young Adult w/dep: $48.82</td>
<td>1 Young Adult w/dep: $58.65</td>
<td>1 Young Adult w/dep: $54.55</td>
<td>1 Young Adult w/dep: $51.79</td>
</tr>
<tr>
<td>2 Young Adults: $84.54</td>
<td>2 Young Adults: $76.50</td>
<td>2 Young Adults: $87.28</td>
<td>2 Young Adults: $86.40</td>
</tr>
<tr>
<td>2 Young Adults w/dep: $89.96</td>
<td>2 Young Adults w/dep: $96.90</td>
<td>2 Young Adults w/dep: $98.19</td>
<td>2 Young Adults w/dep: $102.40</td>
</tr>
<tr>
<td>1 Adult (ages 29 to 64): $51.13</td>
<td>1 Adult (ages 29 to 64): $46.25</td>
<td>1 Adult (ages 29 to 64): $49.71</td>
<td>1 Adult (ages 29 to 64): $47.75</td>
</tr>
<tr>
<td>1 Adult w/dep: $57.49</td>
<td>1 Adult w/dep: $67.19</td>
<td>1 Adult w/dep: $60.51</td>
<td>1 Adult w/dep: $57.90</td>
</tr>
<tr>
<td>2 Adults: $102.26</td>
<td>2 Adults: $92.50</td>
<td>2 Adults: $99.42</td>
<td>2 Adults: $97.90</td>
</tr>
<tr>
<td>2 Adults w/dep: $106.00</td>
<td>2 Adults w/dep: $106.00</td>
<td>2 Adults w/dep: $106.00</td>
<td>2 Adults w/dep: $106.00</td>
</tr>
<tr>
<td>3 Adults: $147.65</td>
<td>3 Adults: $133.55</td>
<td>3 Adults: $146.28</td>
<td>3 Adults: $149.45</td>
</tr>
<tr>
<td>3 Adults w/dep: $152.72</td>
<td>3 Adults w/dep: $149.46</td>
<td>3 Adults w/dep: $149.46</td>
<td>3 Adults w/dep: $149.46</td>
</tr>
<tr>
<td>Senior (ages 65 and up): $46.01</td>
<td>Senior (ages 65 and up): $41.62</td>
<td>Senior (ages 65 and up): $41.62</td>
<td>Senior (ages 65 and up): $43.99</td>
</tr>
<tr>
<td>1 Senior w/dep: $51.75</td>
<td>1 Senior w/dep: $60.46</td>
<td>1 Senior w/dep: $54.28</td>
<td>1 Senior w/dep: $54.28</td>
</tr>
<tr>
<td>2 Seniors: $92.02</td>
<td>2 Seniors: $83.24</td>
<td>2 Seniors: $87.98</td>
<td>2 Seniors: $87.98</td>
</tr>
<tr>
<td>2 Seniors w/dep: $95.41</td>
<td>2 Seniors w/dep: $95.41</td>
<td>2 Seniors w/dep: $98.27</td>
<td>2 Seniors w/dep: $98.27</td>
</tr>
</tbody>
</table>

**Chapel Hill/Chatham**

1 Young Adult (ages 18 to 28): $38.50
1 Young Adult w/dep: $51.70
2 Young Adults: $77.00
2 Young Adult w/dep: $90.20

1 Adult (ages 29 to 64): $48.41
1 Adult w/dep: $59.95
2 Adults: $96.82
2 Adults w/dep: $106.00
3 Adults: $145.23
3 Adults w/dep: $149.45

Senior (ages 65 and up): $43.57
1 Senior w/dep: $53.96
2 Seniors: $92.14
2 Seniors w/dep: $97.53

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

1 Young Adult (ages 18 to 28): $33.47
1 Young Adult w/dep: $53.76
2 Young Adults: $66.94
2 Young Adults w/dep: $88.83

1 Adult (ages 29 to 64): $34.81
1 Adult w/dep: $42.51
2 Adults: $66.49
2 Adults w/dep: $88.30
3 Adults: $116.86
3 Adults w/dep: $137.01

Senior (ages 65 and up): $36.42
1 Senior w/dep: $55.42
2 Seniors: $87.84
2 Seniors w/dep: $98.46

**Ingram Family** *(Lee County)*

1 Young Adult (ages 18 to 28): $33.51
1 Young Adult w/dep: $42.51
2 Young Adults: $66.94
2 Young Adults w/dep: $88.83

1 Adult (ages 29 to 64): $40.47
1 Adult w/dep: $61.59
2 Adults: $96.82
2 Adults w/dep: $106.00
3 Adults: $145.23
3 Adults w/dep: $149.45

Senior (ages 65 and up): $37.70
1 Senior w/dep: $55.42
2 Seniors: $92.14
2 Seniors w/dep: $97.53

**Southeast Raleigh YMCA** - Duke is not participating in the “neighborhood zone” benefit. Those who qualify should inquire for membership directly with the YMCA.

1 Young Adult (ages 18 to 28): $34.81
1 Young Adult w/dep: $55.91
2 Young Adults: $69.62
2 Young Adults w/dep: $92.38

1 Adult (ages 29 to 64): $42.05
1 Adult w/dep: $50.89
2 Adults: $81.79
2 Adults w/dep: $88.30
3 Adults: $122.68
3 Adults w/dep: $128.04

Senior (ages 65 and up): $37.70
1 Senior w/dep: $55.42
2 Seniors: $92.14
2 Seniors w/dep: $97.53

Senior (ages 65 and up): $37.88
1 Senior w/dep: $57.64
2 Seniors: $75.75
2 Seniors w/dep: $90.96
**YMCA of the Triangle**

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

Various locations: [www.ymcatriangle.org](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, SE Raleigh and Durham Branch YMCAs, nursery care is included for children under 5 yrs. Old. Those with memberships to these branches who use locations that charge a nursery fee will be charged a $3 visiting fee per child per visit to use the nursery.*

**For Alexander YMCA and Raleigh Branch YMCAs, nursery care is an additional $15/month 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.*

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Young Adult (Ages 18-28)</td>
<td>$43.40</td>
<td>$38.25</td>
<td>$43.64</td>
<td>$34.81</td>
<td>$38.50</td>
<td>$33.47</td>
<td>$33.51</td>
</tr>
<tr>
<td>Young Adult/Dependents</td>
<td>$48.82</td>
<td>$58.65</td>
<td>$54.55</td>
<td>$55.91</td>
<td>$51.70</td>
<td>$53.76</td>
<td>$42.51</td>
</tr>
<tr>
<td>2 Young Adults</td>
<td>$84.54</td>
<td>$76.50</td>
<td>$87.28</td>
<td>$69.82</td>
<td>$77.00</td>
<td>$66.94</td>
<td>$67.02</td>
</tr>
<tr>
<td>2 Young Adults/Dependents</td>
<td>$89.96</td>
<td>$96.90</td>
<td>$98.19</td>
<td>$92.38</td>
<td>$90.20</td>
<td>$88.83</td>
<td>$76.02</td>
</tr>
<tr>
<td>Adult (Ages 29-64)</td>
<td>$51.13</td>
<td>$46.25</td>
<td>$49.71</td>
<td>$42.09</td>
<td>$48.41</td>
<td>$40.47</td>
<td>$42.05</td>
</tr>
<tr>
<td>Adult/Dependents</td>
<td>$57.49</td>
<td>$67.19</td>
<td>$60.51</td>
<td>$64.05</td>
<td>$59.95</td>
<td>$61.59</td>
<td>$50.89</td>
</tr>
<tr>
<td>2 Adults</td>
<td>$102.26</td>
<td>$92.50</td>
<td>$99.42</td>
<td>$84.18</td>
<td>$96.82</td>
<td>$80.94</td>
<td>$81.79</td>
</tr>
<tr>
<td>2 Adults/Dependents</td>
<td>$106.00</td>
<td>$106.00</td>
<td>$106.00</td>
<td>$101.06</td>
<td>$106.00</td>
<td>$97.17</td>
<td>$88.30</td>
</tr>
<tr>
<td>3 Adults</td>
<td>$147.65</td>
<td>$133.55</td>
<td>$146.28</td>
<td>$121.49</td>
<td>$145.23</td>
<td>$116.86</td>
<td>$122.68</td>
</tr>
<tr>
<td>3 Adults/Dependents</td>
<td>$152.72</td>
<td>$149.46</td>
<td>$149.45</td>
<td>$142.49</td>
<td>$149.45</td>
<td>$137.01</td>
<td>$128.04</td>
</tr>
<tr>
<td>Senior (Age 65 and up)</td>
<td>$46.01</td>
<td>$41.62</td>
<td>$43.99</td>
<td>$37.88</td>
<td>$43.57</td>
<td>$36.42</td>
<td>$37.70</td>
</tr>
<tr>
<td>Senior/Dependents</td>
<td>$51.75</td>
<td>$60.46</td>
<td>$54.28</td>
<td>$57.64</td>
<td>$53.96</td>
<td>$55.42</td>
<td>$46.27</td>
</tr>
<tr>
<td>2 Seniors</td>
<td>$92.02</td>
<td>$83.24</td>
<td>$87.98</td>
<td>$75.75</td>
<td>$87.14</td>
<td>$72.84</td>
<td>$75.40</td>
</tr>
<tr>
<td>2 Seniors/Dependents</td>
<td>$95.41</td>
<td>$95.41</td>
<td>$98.27</td>
<td>$90.96</td>
<td>$97.53</td>
<td>$87.46</td>
<td>$83.96</td>
</tr>
</tbody>
</table>