

Duke Fitness Club

Exercising Your Options

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

Wilson and Brodie Recreation Centers

Location: Wilson, West Campus and Brodie, East Campus
Ph: 919-684-5696 and 919-613-7538

Membership Rate

(Includes access to both facilities)

*Individual \$21.50/month ** July 1, 2018 and after*

*** Individual memberships are only available through the Duke Fitness Club.*

Couple and Family memberships are available through the Duke Card Office.

Duke Health and Fitness Center

Location: Durham Ph: 919-660-6660

Membership Rates

\$100.00 initiation fee for new members

\$150.00 initiation fee for couple, \$200.00 for 3+ members

Individual Membership (no restrictions):

\$64.00/month Clinical or \$54.00/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 Ph: 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 Ph: 919-384-1992

Membership Rates

Single \$33.00/month

Couple \$63.00/month

Family \$93.00/month

New Millennium Fitness

Locations: Mebane and Hillsborough
Ph: 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

Levin Jewish Community Center of Durham

Location: Durham

Ph: 919-354-4936

Membership Rates

Individual \$61.00/month

Couple \$87.00/month

Family \$106.00/month

Single Parent, One dependent \$70.00/month

Single Parent, Two or more dependents \$77.00/month

Senior individual (70+ yrs) \$53.00/month

Senior Couple (70+ yrs) \$73.00/month

Young Adult (14-28 yrs) \$41.00/month

Southwind Health and Wellness Center

Location: Durham Ph: 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*

HealthTrax Fitness

Location: Raleigh Ph: 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

WELLBEATS

Online Streaming Fitness Classes

Unlimited use at your convenience

See your stats

Test your fitness

Mark your favorites

\$5.00/month

Total Fitness

Location: Roxboro Ph: 336-599-5033

Membership Rates

Single \$28.00/month

Couple \$53.00/month

Family \$78.00/month

Bodyworx Aerobic and Fitness Center

Location: Oxford Ph: 919-693-6826

Membership Rates

Individual \$25.00/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 \$25 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- **\$77.00***

*2 Adult- **\$127.00***

*3 Adult- **\$167.00***

*4+ Adult- **\$187.00***

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) - **\$38.00***

*2 Adult (Standard) - **\$78.00***

*3 Adult (Standard) - **\$113.00***

*4+ Adult (Standard) - **\$133.00***

YMCA of the Triangle

Locations: Apex, Cary, Garner, 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): \$43.40 1 Young Adult w/dep: \$48.82 2 Young Adults: \$84.54 2 Young Adults w/dep: \$89.96</p> <p>1 Adult (ages 29 to 64): \$51.13 1 Adult w/dep: \$57.49 2 Adults: \$102.26 2 Adults w/dep: \$106.00 3 Adults: \$147.65 3 Adults w/dep: \$152.72</p> <p>Senior (ages 65 and up): \$46.01 1 Senior w/dep: \$51.75 2 Seniors: \$92.02 2 Seniors w/dep: \$95.41</p>	<p>**Raleigh Branch (Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale)</p> <p>1 Young Adult (ages 14 to 28): \$38.25 1 Young Adult w/dep: \$58.65 2 Young Adults: \$76.50 2 Young Adults w/dep: \$96.90</p> <p>1 Adult (ages 29 to 64): \$46.25 1 Adult w/dep: \$67.19 2 Adults: \$92.50 2 Adults w/dep: \$106.00 3 Adults: \$133.55 3 Adults w/dep: \$149.46</p> <p>Senior (ages 65 and up): \$41.62 1 Senior w/dep: \$60.46 2 Seniors: \$83.24 2 Seniors w/dep: \$95.41</p>	<p>**Alexander & Poyner (Downtown Raleigh)</p> <p>1 Young Adult (ages 14 to 28): \$43.64 1 Young Adult w/dep: \$54.55 2 Young Adults: \$87.28 2 Young Adults w/dep: \$98.19</p> <p>1 Adult (ages 29 to 64): \$49.71 1 Adult w/dep: \$60.51 2 Adults: \$99.42 2 Adults w/dep: \$106.00 3 Adults: \$146.28 3 Adults w/dep: \$149.45</p> <p>Senior (ages 65 and up): \$43.99 1 Senior w/dep: \$54.28 2 Seniors: \$87.98 2 Seniors w/dep: \$98.27</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: \$77.00 2 Young Adult w/dep: \$90.20</p> <p>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</p> <p>Senior (ages 65 and up): \$43.57 1 Senior w/dep: \$53.96 2 Seniors: \$87.14 2 Seniors w/dep: \$97.53</p>	<p>*Poole Family</p> <p>1 Young Adult (ages 14 to 28): \$33.47 1 Young Adult w/dep: \$53.76 2 Young Adults: \$66.94 2 Young Adults w/dep: \$88.83</p> <p>1 Adult (ages 29 to 64): \$40.47 1 Adult w/dep: \$61.59 2 Adults: \$80.94 2 Adults w/dep: \$97.17 3 Adults: \$116.86 3 Adults w/dep: \$137.01</p> <p>Senior (ages 65 and up): \$36.42 1 Senior w/dep: \$55.42 2 Seniors: \$72.84 2 Seniors w/dep: \$87.46</p>	<p>*Ingram Family (Lee County)</p> <p>1 Young Adult (ages 14 to 28): \$33.51 1 Young Adult w/dep: \$42.51 2 Young Adults: \$67.02 2 Young Adults w/dep: \$76.02</p> <p>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</p> <p>Senior (ages 65 and up): \$37.70 1 Senior w/dep: \$46.27 2 Seniors: \$75.40 2 Seniors w/dep: \$83.96</p>

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Membership Types	*Durham YMCAs	**Raleigh / Knightdale YMCAs	**Alexander & Poyner YMCA	Chapel Hill YMCA	Poole Family YMCA	*Ingram Family YMCA
Young Adult (Ages 18-28)	\$43.40	\$38.25	\$43.64	\$38.50	\$33.47	\$33.51
Young Adult/ Dependents	\$48.82	\$58.65	\$54.55	\$51.70	\$53.76	\$42.51
2 Young Adults	\$84.54	\$76.50	\$87.28	\$77.00	\$66.94	\$67.02
2 Young Adults/ Dependents	\$89.96	\$96.90	\$98.19	\$90.20	\$88.83	\$76.02
Adult (Ages 29-64)	\$51.13	\$46.25	\$49.71	\$48.41	\$40.47	\$42.05
Adult/Dependents	\$57.49	\$67.19	\$60.51	\$59.95	\$61.59	\$50.89
2 Adults	\$102.26	\$92.50	\$99.42	\$96.82	\$80.94	\$81.79
2 Adults/ Dependents	\$106.00	\$106.00	\$106.00	\$106.00	\$97.17	\$88.30
3 Adults	\$147.65	\$133.55	\$146.28	\$145.23	\$116.86	\$122.68
3 Adults/ Dependents	\$152.72	\$149.46	\$149.45	\$149.45	\$137.01	\$128.04
Senior (Age 65 and up)	\$46.01	\$41.62	\$43.99	\$43.57	\$36.42	\$37.70
Senior/ Dependents	\$51.75	\$60.46	\$54.28	\$53.96	\$55.42	\$46.27
2 Seniors	\$92.02	\$83.24	\$87.98	\$87.14	\$72.84	\$75.40
2 Seniors/ Dependents	\$95.41	\$95.41	\$98.27	\$97.53	\$87.46	\$83.96