

Duke Fitness Club

Exercising Your Options

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

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| <p><u>Wilson and Brodie Recreation Centers</u> Location: Wilson, West Campus and Brodie, East Campus Phone: 919-684-5696 and 919-613-7538</p> <p><u>Membership Rate</u> (Includes access to both facilities) <i>Individual \$22.00/month ** July 1, 2019 and after</i> <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>New Millennium Fitness</u> Locations: Mebane and Hillsborough Phone: 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>Fitness World</u> Location: Durham Phone: 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> NEW! AMP All Access \$99.00/month or \$149 for Couple</p> | <p><u>PRIME Athletic and Fitness Training Institute</u> Location: Durham Phone: 919-908-6061</p> <p><u>Membership Rates</u> *Enrollment fee: \$30.00 (one) or \$75.00 (2+ individuals) <i>Diamond -\$49.99</i> <i>Gold- \$29.99</i> <i>Bronze- \$19.99</i></p> |
| <p><u>Duke Health and Fitness Center</u> Locations: Durham Phone: 919-660-6660</p> <p><u>Membership Rates:</u> (For 7/1/19 and after) <i>Duke Employee/Retiree:</i> Clinical \$64/month or Standard \$54/month <i>Family Rate*:</i> Clinical \$57/month or Standard \$47/month <i>Afternoon delight (M-F noon-4pm, all day Sat. & Sun.):</i> <i>Clinical \$47/month or Standard \$37/month</i></p> <p>\$100 initiation fee for one new member, \$150 initiation fee for two new members, \$200 initiation fee for 3+ new members</p> <p>*Family rate options only available for each individual family member after main Duke Employee/Retiree (<i>not available for Afternoon Delight members</i>)</p> | <p><u>Levin Jewish Community Center of Durham</u> Location: Durham Phone: 919-354-4936</p> <p><u>Membership Rates</u> <i>Individual \$60.00/month</i> <i>Couple \$87.00/month</i> <i>Family \$107.00/month</i> <i>Single Parent, One dependent \$73.00/month</i> <i>Single Parent, Two or more dependents \$78.00/month</i> <i>Senior individual (70+ yrs) \$52.00/month</i> <i>Senior Couple (70+ yrs) \$73.00/month</i> <i>Young Adult (14-28 yrs) \$40.00/month</i></p> |
| <p><u>Southwind Health and Wellness Center</u> Location: Durham Phone: 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> <i>*Rates reflect prices for new member 1/1/2017 and after</i></p> | <p><u>HealthTrax Fitness</u> Location: Raleigh Phone: 919-847-2393</p> <p><u>Membership Rates</u> *All memberships include a \$49.00 enrollment fee. <i>Individual \$58.00/month</i> <i>Couple \$82.00/month</i> <i>Family \$90.00/month</i></p> |
| <p><u>Millennium Sports Club</u> Location: Durham Phone: 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>Total Fitness</u> Location: Roxboro Phone: 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> |

Bodyworx Aerobic and Fitness Center

Location: Oxford **Phone:** 919-693-6826

Membership Rates

Individual \$25.00/month

WELLBEATS

Online Streaming Fitness Classes

Unlimited use at your convenience

\$5.00/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**

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
Durham- University Hill; Chapel Hill/Carrboro- North Chatham, 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

5 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, 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) - \$26.00

2 Adult (Dynamic) - \$47.00

3 Adult (Dynamic) - \$67.00

4+ Adult (Dynamic) - \$87.00

Bronze Membership

Apex Location Only

1 Adult (Standard) - \$42.00

2 Adult (Standard) - \$82.00

3 Adult (Standard) - \$122.00

4+ Adult (Standard) - \$142.00

YMCA of the Triangle

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| <p>*Durham Branch (Downtown Durham, Hope Valley Farms, American Tobacco, Lakewood)</p> <p>1 Young Adult (ages 18 to 28): \$44.51 1 Young Adult w/dep: \$50.77 2 Young Adults: \$88.13 2 Young Adults w/dep: \$95.28</p> <p>1 Adult (ages 29 to 64): \$50.70 1 Adult w/dep: \$59.79 2 Adults: \$99.88 2 Adults w/dep: \$109.18 3 Adults: \$144.89 3 Adults w/dep: \$155.51</p> <p>Senior (ages 65 and up): \$44.87 1 Senior w/dep: \$53.82 2 Seniors: \$88.84 2 Seniors w/dep: \$98.50</p> | <p>**Raleigh Branch (Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale)</p> <p>1 Young Adult (ages 18 to 28): \$39.78 1 Young Adult w/dep: \$59.82 2 Young Adults: \$79.56 2 Young Adults w/dep: \$98.98</p> <p>1 Adult (ages 29 to 64): \$48.10 1 Adult w/dep: \$68.53 2 Adults: \$96.20 2 Adults w/dep: \$109.18 3 Adults: \$138.89 3 Adults w/dep: \$154.38</p> <p>Senior (ages 65 and up): \$43.28 1 Senior w/dep: \$61.67 2 Seniors: \$86.57 2 Seniors w/dep: \$98.50</p> | <p>**Alexander & Poyner (Downtown Raleigh)</p> <p>1 Young Adult (ages 18 to 28): \$44.51 1 Young Adult w/dep: \$56.73 2 Young Adults: \$88.14 2 Young Adults w/dep: \$98.98</p> <p>1 Adult (ages 29 to 64): \$50.70 1 Adult w/dep: \$62.93 2 Adults: \$99.89 2 Adults w/dep: \$109.18 3 Adults: \$147.68 3 Adults w/dep: \$153.50</p> <p>Senior (ages 65 and up): \$44.87 1 Senior w/dep: \$56.45 2 Seniors: \$88.84 2 Seniors w/dep: \$98.50</p> |
| <p>Chapel Hill/Chatham</p> <p>1 Young Adult (ages 18 to 28): \$39.78 1 Young Adult w/dep: \$53.77 2 Young Adult: \$79.56 2 Young Adult w/dep: \$93.55</p> <p>1 Adult (ages 29 to 64): \$48.89 1 Adult w/dep: \$62.35 2 Adults: \$96.20 2 Adults w/dep: \$109.18 3 Adults: \$145.09 3 Adults w/dep: \$153.06</p> <p>Senior (ages 65 and up): \$44.87 1 Senior w/dep: \$56.45 2 Seniors: \$88.84 2 Seniors w/dep: \$98.50</p> | <p>*Poole Family</p> <p>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</p> <p>1 Adult (ages 29 to 64): \$42.09 1 Adult w/dep: \$64.05 2 Adults: \$84.18 2 Adults w/dep: \$101.06 3 Adults: \$121.53 3 Adults w/dep: \$142.49</p> <p>Senior (ages 65 and up): \$37.88 1 Senior w/dep: \$57.64 2 Seniors: \$75.75 2 Seniors w/dep: \$90.96</p> | <p>*Ingram Family (Lee County)</p> <p>1 Young Adult (ages 18 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> |

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

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| <p>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</p> | <p>1 Adult (ages 29 to 64): \$42.09 1 Adult w/dep: \$64.05 2 Adults: \$84.18 2 Adults w/dep: \$101.06 3 Adults: \$121.53 3 Adults w/dep: \$142.49</p> | <p>Senior (ages 65 and up): \$37.88 1 Senior w/dep: \$57.64 2 Seniors: \$75.75 2 Seniors w/dep: \$90.96</p> |
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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 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.

| Membership Types | *Durham YMCAs | **Raleigh Knightdale YMCAs | **Alexander & Poyner YMCA | Southeast Raleigh YMCA | Chapel Hill YMCA | Poole Family YMCA | *Ingram Family YMCA |
|---------------------------|---------------|----------------------------|---------------------------|------------------------|------------------|-------------------|---------------------|
| Young Adult (Ages 18-28) | \$44.51 | \$39.78 | \$44.51 | \$34.81 | \$39.78 | \$34.81 | \$33.51 |
| Young Adult/Dependents | \$50.77 | \$59.82 | \$56.73 | \$55.91 | \$53.77 | \$55.91 | \$42.51 |
| 2 Young Adults | \$88.13 | \$79.56 | \$88.14 | \$69.82 | \$79.56 | \$69.62 | \$67.02 |
| 2 Young Adults/Dependents | \$95.28 | \$98.98 | \$98.98 | \$92.38 | \$93.55 | \$92.38 | \$76.02 |
| Adult (Ages 29-64) | \$50.70 | \$48.10 | \$50.70 | \$42.09 | \$48.89 | \$42.09 | \$42.05 |
| Adult/Dependents | \$59.79 | \$68.53 | \$62.93 | \$64.05 | \$62.35 | \$64.05 | \$50.89 |
| 2 Adults | \$99.88 | \$96.20 | \$99.89 | \$84.18 | \$96.20 | \$84.18 | \$81.79 |
| 2 Adults/ Dependents | \$109.18 | \$109.18 | \$109.18 | \$101.06 | \$109.18 | \$101.06 | \$88.30 |
| 3 Adults | \$144.89 | \$138.89 | \$147.68 | \$121.49 | \$145.09 | \$121.53 | \$122.68 |
| 3 Adults/ Dependents | \$155.51 | \$154.38 | \$153.50 | \$142.49 | \$153.06 | \$142.49 | \$128.04 |
| Senior (Age 65 and up) | \$44.87 | \$43.28 | \$44.87 | \$37.88 | \$44.87 | \$37.88 | \$37.70 |
| Senior/ Dependents | \$53.82 | \$61.67 | \$56.45 | \$57.64 | \$56.45 | \$57.64 | \$46.27 |
| 2 Seniors | \$88.84 | \$86.57 | \$88.84 | \$75.75 | \$88.84 | \$75.75 | \$75.40 |
| 2 Seniors/ Dependents | \$98.50 | \$98.50 | \$98.50 | \$90.96 | \$98.50 | \$90.96 | \$83.96 |