**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 | WELLBEATS  
*Online Streaming Fitness Classes* |
|-------------------------------------|-------------------------------------|
| **Location:** Wilson, West Campus and Brodie, East Campus  
**Phone:** 919-684-5696 and 919-613-7538 | **Unlimited use at your convenience**  
**$5.00/month** |
| **Membership Rate**  
(Includes access to both facilities)  
**Individual $22.00/month**  
**July 1, 2019 and after**  
**Individual memberships are only available through the Duke Fitness Club.**  
**Couple and Family memberships are available through the Duke Card Office.** |  
|

| Wilson and Brodie Recreation Centers | PRIME Athletic and Fitness Training Institute  
*Location:* Durham  
*Phone:* 919-908-6061 |
|-------------------------------------|-----------------------------------------------|
| **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** | **Membership Rates**  
*Enrollment fee: $30.00 (one) or $75.00 (2+ individuals)*  
Diamond - $49.99  
Gold- $29.99  
Bronze- $19.99 |

| 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** |  
|

| Duke Health and Fitness Center  
*Location:* Durham  
*Phone:* 919-660-6660 | Levin Jewish Community Center of Durham  
*Location:* Durham  
*Phone:* 919-354-4936 |
|---------------------------------------------------------------|-----------------------------------------------|
| **Membership Rates:** *(For 7/1/19 and after)*  
*Duke Employee/Retiree:* Clinical $64/month or Standard $54/month  
*Family Rate*: Clinical $57/month or Standard $47/month  
*Afternoon delight (M-F noon-4pm, all day Sat. & Sun.):*  
**Clinical $47/month or Standard $37/month** | **Membership Rates**  
*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* |
| $100 initiation fee for one new member, $150 initiation fee for two new members, $200 initiation fee for 3+ new members  
*Family rate options only available for each individual family member after main Duke Employee/Retiree (not available for Afternoon Delight members)* |  
|

| Bodyworx Aerobic and Fitness Center  
*Location:* Oxford  
*Phone:* 919-693-6826 | HealthTrax Fitness  
*Location:* Raleigh  
*Phone:* 919-847-2393 |
|---------------------------------------------------------------|-----------------------------------------------|
| **Membership Rates**  
**Individual $25.00/month** | **Membership Rates**  
*All memberships include a $49.00 enrollment fee.*  
**Individual $58.00/month**  
**Couple $82.00/month**  
**Family $90.00/month** |

| Millennium Sports Club  
*Location:* Durham  
*Phone:* 919-384-1992 | Total Fitness  
*Location:* Roxboro  
*Phone:* 336-599-5033 |
|---------------------------------------------------------------|-----------------------------------------------|
| **Membership Rates**  
**Single $33.00/month**  
**Couple $63.00/month**  
**Family $93.00/month** | **Membership Rates**  
**Single $28.00/month**  
**Couple $53.00/month**  
**Family $78.00/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

<table>
<thead>
<tr>
<th>1 Member</th>
<th>2 Members</th>
<th>3 Members</th>
<th>4 Members</th>
<th>5 Members</th>
<th>6 Members</th>
<th>7 Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>$38.00</td>
<td>$68.00</td>
<td>$88.00</td>
<td>$108.00</td>
<td>$128.00</td>
<td>$148.00</td>
<td>$168.00</td>
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</tbody>
</table>

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

### 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 dependant. 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)-$82.00
  - 1 Adult- $92.00
  - 2 Adult- $152.00
  - 3 Adult- $192.00
  - 4+ Adult- $222.00

**Bronze Membership**
- Plantation Pt.
  - 1 Adult (Dynamic) - $25.00
  - 2 Adult (Dynamic) - $44.00
  - 3 Adult (Dynamic) - $66.00
  - 4+ Adult (Dynamic) - $87.00

**Onyx Limited Membership**
- Raleigh, Cary, all locations Onyx Limited and under nationwide
- 1 Adult (age 26 and under)-$82.00
  - 1 Adult- $92.00
  - 2 Adult- $152.00
  - 3 Adult- $192.00
  - 4+ Adult- $222.00

**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

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**YMCA of the Triangle**
<table>
<thead>
<tr>
<th>Branch</th>
<th>Young Adult (ages 18 to 28)</th>
<th>Young Adult w/dep</th>
<th>Adult (ages 29 to 64)</th>
<th>Adult w/dep</th>
<th>Senior (ages 65 and up)</th>
<th>Senior w/dep</th>
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<tbody>
<tr>
<td>Durham Branch</td>
<td>$44.51</td>
<td>$50.77</td>
<td>$50.70</td>
<td>$62.93</td>
<td>$44.87</td>
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<td>Raleigh Branch</td>
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<tr>
<td>Poole Family</td>
<td>$34.51</td>
<td>$55.91</td>
<td>$62.35</td>
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<td>$56.45</td>
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<tr>
<td>Ingram Family (Lee County)</td>
<td>$33.51</td>
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<td>$62.35</td>
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<td>$57.64</td>
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<td>Southeast Raleigh YMCA-</td>
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<tr>
<td>Wolf Family</td>
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<td>$55.91</td>
<td>$62.35</td>
<td>$64.05</td>
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<tr>
<td>YMCA of the Triangle</td>
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</table>
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>
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<tbody>
<tr>
<td>Young Adult (Ages 18-28)</td>
<td>$44.51</td>
<td>$39.78</td>
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<td>$34.81</td>
<td>$39.78</td>
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<td>$33.51</td>
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<td>Young Adult/Dependents</td>
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<td>Adult/Dependents</td>
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<tr>
<td>Senior (Age 65 and up)</td>
<td>$44.87</td>
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<td>$44.87</td>
<td>$37.88</td>
<td>$44.87</td>
<td>$37.88</td>
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<tr>
<td>Senior/Dependents</td>
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<td>2 Seniors/Dependents</td>
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<td>$98.50</td>
<td>$90.96</td>
<td>$98.50</td>
<td>$90.96</td>
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