## Duke Fitness Club

### Exercising Your Options

Updated as of 11/17/21 - FOR MORE INFORMATION, GO TO: [HR.DUKE.EDU/FITNESS](http://HR.DUKE.EDU/FITNESS)

<table>
<thead>
<tr>
<th><strong>Wilson and Brodie Recreation Centers</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Wilson, West Campus and Brodie, East Campus</td>
</tr>
<tr>
<td><strong>Phone:</strong> 919-684-5696 and 919-613-7538</td>
</tr>
<tr>
<td><strong>Membership Rate</strong></td>
</tr>
<tr>
<td>(Includes access to both facilities)</td>
</tr>
<tr>
<td><em>Individual $22.5/month ** July 1, 2021 and after</em></td>
</tr>
<tr>
<td><strong>Couple and Family memberships are available through the Duke Card Office.</strong></td>
</tr>
</tbody>
</table>

### WELLBEATS

**Online Streaming Fitness Classes**

**Unlimited use at your convenience**

$5.00/month

<table>
<thead>
<tr>
<th><strong>Fitness World</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Durham</td>
</tr>
<tr>
<td><strong>Phone:</strong> 919-544-9000</td>
</tr>
<tr>
<td><strong>Membership Rates</strong></td>
</tr>
<tr>
<td><em>Single $31.00/month</em></td>
</tr>
<tr>
<td><em>Couple $53.00/month</em></td>
</tr>
<tr>
<td><em>Family $75.00/month</em></td>
</tr>
<tr>
<td><strong>NEW! AMP All Access $99.00/month or $149 for Couple</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PRIME Athletic and Fitness Training Institute</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Durham</td>
</tr>
<tr>
<td><strong>Phone:</strong> 919-908-6061</td>
</tr>
<tr>
<td><strong>Membership Rates</strong></td>
</tr>
<tr>
<td><em>Enrollment fee: $30.00 (one) or $75.00 (2+ individuals)</em></td>
</tr>
<tr>
<td><strong>Diamond:</strong> $49.99</td>
</tr>
<tr>
<td><strong>Gold:</strong> $29.99</td>
</tr>
<tr>
<td><strong>Bronze:</strong> $19.99</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Duke Health and Fitness Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Locations:</strong> Durham</td>
</tr>
<tr>
<td><strong>Phone:</strong> 919-660-6660</td>
</tr>
<tr>
<td><strong>Membership Rates:</strong> (For 7/1/19 and after)</td>
</tr>
<tr>
<td><em>Duke Employee/Retiree: Clinical $64/month or Standard $54/month</em></td>
</tr>
<tr>
<td><em>Family Rate</em>: Clinical $57/month or Standard $47/month</td>
</tr>
<tr>
<td><em>Afternoon delight (M-F noon-4pm, all day Sat. &amp; Sun.):</em></td>
</tr>
<tr>
<td>Clinical $47/month or Standard $37/month</td>
</tr>
<tr>
<td>$100 initiation fee for one new member, $150 initiation fee for two new members, $200 initiation fee for 3+ new members</td>
</tr>
<tr>
<td><em>Family rate options only available for each individual family member after main Duke Employee/Retiree (not available for Afternoon Delight members)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Levin Jewish Community Center of Durham</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Durham</td>
</tr>
<tr>
<td><strong>Phone:</strong> 919-354-4936</td>
</tr>
<tr>
<td><strong>Membership Rates</strong></td>
</tr>
<tr>
<td><em>Individual $60.00/month</em></td>
</tr>
<tr>
<td><em>Couple $87.00/month</em></td>
</tr>
<tr>
<td><em>Family $107.00/month</em></td>
</tr>
<tr>
<td><em>Senior individual (70+ yrs) $52.00/month</em></td>
</tr>
<tr>
<td><em>Senior Couple (70+ yrs) $73.00/month</em></td>
</tr>
<tr>
<td><em>Young Adult (14-28 yrs) $40.00/month</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bodyworx Aerobic and Fitness Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Oxford</td>
</tr>
<tr>
<td><strong>Phone:</strong> 919-693-6826</td>
</tr>
<tr>
<td><strong>Membership Rates</strong></td>
</tr>
<tr>
<td><em>Individual $25.00/month</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Millennium Sports Club</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Durham</td>
</tr>
<tr>
<td><strong>Phone:</strong> 919-384-1992</td>
</tr>
<tr>
<td><strong>Membership Rates</strong></td>
</tr>
<tr>
<td><em>Single $33.00/month</em></td>
</tr>
<tr>
<td><em>Couple $69.00/month</em></td>
</tr>
<tr>
<td><em>Family $102/month</em></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>HealthTrax Fitness</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Raleigh</td>
</tr>
<tr>
<td><strong>Phone:</strong> 919-847-2393</td>
</tr>
<tr>
<td><strong>Membership Rates</strong></td>
</tr>
<tr>
<td><em>All memberships include a $49.00 enrollment fee.</em></td>
</tr>
<tr>
<td><em>Individual $39.00/month</em></td>
</tr>
<tr>
<td><em>Couple $59.00/month</em></td>
</tr>
<tr>
<td><em>Family $69.00/month</em></td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Total Fitness</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Roxboro</td>
</tr>
<tr>
<td><strong>Phone:</strong> 336-599-5033</td>
</tr>
<tr>
<td><strong>Membership Rates</strong></td>
</tr>
<tr>
<td><em>Single $28.00/month</em></td>
</tr>
<tr>
<td><em>Couple $53.00/month</em></td>
</tr>
<tr>
<td><em>Family $78.00/month</em></td>
</tr>
</tbody>
</table>
Orange County 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  

<table>
<thead>
<tr>
<th>Platinum Membership</th>
<th>Gold Membership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single $48.49/month</td>
<td>$35.89/month</td>
</tr>
<tr>
<td>Parent/Dependent Child $54.09/month</td>
<td>$42.89/month</td>
</tr>
<tr>
<td>Parent/Second Dependent Child $57.59/month</td>
<td>$50.59/month</td>
</tr>
<tr>
<td>Couple $57.59/month</td>
<td>$50.59/month</td>
</tr>
<tr>
<td>Family $69.49/month</td>
<td>$56.89/month</td>
</tr>
</tbody>
</table>

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

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  

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Member</td>
<td>$45.50</td>
</tr>
<tr>
<td>2 Members</td>
<td>$75.50</td>
</tr>
<tr>
<td>3 Members</td>
<td>$95.50</td>
</tr>
<tr>
<td>4 Members</td>
<td>$115.50</td>
</tr>
<tr>
<td>5 Members</td>
<td>$135.50</td>
</tr>
<tr>
<td>6 Members</td>
<td>$155.50</td>
</tr>
<tr>
<td>7 Members</td>
<td>$175.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Member with Kid’s Club</td>
<td>$45.50</td>
</tr>
<tr>
<td>2 Members with Kid’s Club</td>
<td>$75.50</td>
</tr>
<tr>
<td>3 Members with Kid’s Club</td>
<td>$95.50</td>
</tr>
<tr>
<td>4 Members with Kid’s Club</td>
<td>$115.50</td>
</tr>
<tr>
<td>5 Members with Kid’s Club</td>
<td>$135.50</td>
</tr>
<tr>
<td>6 Members with Kid’s Club</td>
<td>$155.50</td>
</tr>
<tr>
<td>Members with Kid’s Club</td>
<td>$175.50</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 $30 per child for Onyx Limited-level  
- At age 14, children are 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  

<table>
<thead>
<tr>
<th>Onyx Limited Membership</th>
<th>Bronze Membership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raleigh, Cary, all locations Onyx Limited and under nationwide</td>
<td>Apex Location Only</td>
</tr>
<tr>
<td>1 Adult (age 26 and under)-$92.00</td>
<td>1 Adult (Standard) - $82.00</td>
</tr>
<tr>
<td>1 Adult-$102.00</td>
<td>2 Adult (Standard) - $132.00</td>
</tr>
<tr>
<td>2 Adult-$162.00</td>
<td>3 Adult (Standard) - $162.00</td>
</tr>
<tr>
<td>3 Adult-$202.00</td>
<td>4+ Adult (Standard) - $182.00</td>
</tr>
<tr>
<td>4+ Adult-$232.00</td>
<td></td>
</tr>
</tbody>
</table>
| YMCA of the Triangle | *Durham Branch*  
(Downtown Durham, Hope Valley Farms, American Tobacco, Lakewood) | **Raleigh Branch**  
(Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale) | **Alexander & Poyner**  
(Downtown Raleigh) |
<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Young Adult (ages 18 to 28): $47.18</td>
<td>1 Young Adult (ages 18 to 28): $42.96</td>
<td>1 Young Adult (ages 18 to 28): $47.18</td>
<td></td>
</tr>
<tr>
<td>1 Young Adult w/dep: $53.82</td>
<td>1 Young Adult w/dep: $64.61</td>
<td>1 Young Adult w/dep: $60.13</td>
<td></td>
</tr>
<tr>
<td>2 Young Adults: $93.42</td>
<td>2 Young Adults: $85.92</td>
<td>2 Young Adults: $93.43</td>
<td></td>
</tr>
<tr>
<td>2 Young Adults w/dep: $101.0</td>
<td>2 Young Adults w/dep: $106.9</td>
<td>2 Young Adults w/dep: $104.92</td>
<td></td>
</tr>
<tr>
<td>1 Adult (ages 29 to 64): $53.74</td>
<td>1 Adult w/dep: $74.01</td>
<td>1 Adult (ages 29 to 64): $53.74</td>
<td></td>
</tr>
<tr>
<td>1 Adult w/dep: $63.38</td>
<td>2 Adults: $103.90</td>
<td>1 Adult w/dep: $66.71</td>
<td></td>
</tr>
<tr>
<td>2 Adults: $105.87</td>
<td>2 Adults w/dep: $117.91</td>
<td>2 Adults: $105.88</td>
<td></td>
</tr>
<tr>
<td>2 Adults w/dep: $115.73</td>
<td>3 Adults: $150.00</td>
<td>2 Adults w/dep: $115.73</td>
<td></td>
</tr>
<tr>
<td>3 Adults: $153.58</td>
<td>3 Adults w/dep: $166.73</td>
<td>3 Adults: $156.54</td>
<td></td>
</tr>
<tr>
<td>3 Adults w/dep: $164.84</td>
<td>Senior (ages 65 and up): $46.63</td>
<td>3 Adults w/dep: $162.71</td>
<td></td>
</tr>
<tr>
<td>Senior (ages 65 and up): $47.56</td>
<td>1 Senior w/dep: $66.45</td>
<td>Senior (ages 65 and up): $47.56</td>
<td></td>
</tr>
<tr>
<td>1 Senior w/dep: $57.05</td>
<td>2 Seniors: $93.28</td>
<td>1 Senior w/dep: $59.84</td>
<td></td>
</tr>
<tr>
<td>2 Seniors: $94.17</td>
<td>2 Seniors w/dep: $106.13</td>
<td>2 Seniors: $94.17</td>
<td></td>
</tr>
<tr>
<td>2 Seniors w/dep: $104.41</td>
<td></td>
<td>2 Seniors w/dep: $104.41</td>
<td></td>
</tr>
</tbody>
</table>

| Chapel Hill | *Poole Family*  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Young Adult (ages 18 to 28): $42.96</td>
<td>1 Young Adult (ages 18 to 28): $37.39</td>
</tr>
<tr>
<td>1 Young Adult w/dep: $58.07</td>
<td>1 Young Adult w/dep: $57.92</td>
</tr>
<tr>
<td>2 Young Adults: $85.92</td>
<td>2 Young Adults: $74.77</td>
</tr>
<tr>
<td>2 Young Adults w/dep: $101.03</td>
<td>2 Young Adults w/dep: $95.71</td>
</tr>
<tr>
<td>1 Adult (ages 29 to 64): $52.80</td>
<td>1 Adult (ages 29 to 64): $45.20</td>
</tr>
<tr>
<td>1 Adult w/dep: $67.34</td>
<td>1 Adult w/dep: $66.36</td>
</tr>
<tr>
<td>2 Adults: $103.90</td>
<td>2 Adults: $90.41</td>
</tr>
<tr>
<td>2 Adults w/dep: $117.91</td>
<td>2 Adults w/dep: $104.70</td>
</tr>
<tr>
<td>3 Adults: $156.70</td>
<td>3 Adults: $130.52</td>
</tr>
<tr>
<td>3 Adults w/dep: $165.30</td>
<td>3 Adults w/dep: $147.62</td>
</tr>
<tr>
<td>Senior (ages 65 and up): $48.35</td>
<td>Senior (ages 65 and up): $40.68</td>
</tr>
<tr>
<td>1 Senior w/dep: $60.82</td>
<td>1 Senior w/dep: $59.72</td>
</tr>
<tr>
<td>2 Seniors: $95.73</td>
<td>2 Seniors: $81.36</td>
</tr>
<tr>
<td>2 Seniors w/dep: $106.13</td>
<td>2 Seniors w/dep: $94.23</td>
</tr>
</tbody>
</table>

| Southeast Raleigh YMCA | East Raleigh YMCA | **Ingram Family** (Lee County)  
(Downtown Raleigh) |
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 Young Adult (ages 18 to 28): $37.39</td>
<td>1 Young Adult (ages 18 to 28): $37.39</td>
<td>1 Young Adult (ages 18 to 28): $35.69</td>
</tr>
<tr>
<td>1 Young Adult w/dep: $57.92</td>
<td>1 Young Adult w/dep: $57.92</td>
<td>1 Young Adult w/dep: $54.20</td>
</tr>
<tr>
<td>2 Young Adults: $74.77</td>
<td>2 Young Adults: $74.77</td>
<td>2 Young Adults: $87.11</td>
</tr>
<tr>
<td>2 Young Adults w/dep: $95.71</td>
<td>2 Young Adults w/dep: $94.90</td>
<td>2 Young Adults w/dep: $94.04</td>
</tr>
<tr>
<td>1 Adult (ages 29 to 64): $45.20</td>
<td>1 Adult (ages 29 to 64): $45.21</td>
<td>3 Adults: $130.65</td>
</tr>
<tr>
<td>1 Adult w/dep: $66.36</td>
<td>1 Adult w/dep: $65.71</td>
<td>3 Adults w/dep: $136.36</td>
</tr>
<tr>
<td>2 Adults: $90.41</td>
<td>2 Adults: $90.43</td>
<td>Senior (ages 65 and up): $40.15</td>
</tr>
<tr>
<td>2 Adults w/dep: $104.70</td>
<td>2 Adults w/dep: $104.68</td>
<td>1 Senior w/dep: $49.28</td>
</tr>
<tr>
<td>3 Adults: $130.52</td>
<td>3 Adults: $130.55</td>
<td>2 Seniors: $80.30</td>
</tr>
<tr>
<td>3 Adults w/dep: $147.62</td>
<td>3 Adults w/dep: $148.01</td>
<td>2 Seniors w/dep: $89.42</td>
</tr>
<tr>
<td>Senior (ages 65 and up): $40.68</td>
<td>Senior (ages 65 and up): $40.69</td>
<td>Senior (ages 65 and up): $40.91</td>
</tr>
<tr>
<td>1 Senior w/dep: $59.72</td>
<td>1 Senior w/dep: $59.13</td>
<td>1 Senior w/dep: $49.28</td>
</tr>
<tr>
<td>2 Seniors: $81.36</td>
<td>2 Seniors: $81.38</td>
<td>2 Seniors: $80.30</td>
</tr>
<tr>
<td>2 Seniors w/dep: $94.23</td>
<td>2 Seniors w/dep: $94.44</td>
<td>2 Seniors w/dep: $89.42</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Chatham YMCA</th>
<th>---</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Young Adult (ages 18 to 28): $37.39</td>
<td>1 Young Adult (ages 18 to 28): $37.39</td>
</tr>
<tr>
<td>1 Young Adult w/dep: $57.92</td>
<td>1 Young Adult w/dep: $57.92</td>
</tr>
<tr>
<td>2 Young Adults: $74.77</td>
<td>2 Young Adults: $74.77</td>
</tr>
<tr>
<td>2 Young Adults w/dep: $95.71</td>
<td>2 Young Adults w/dep: $94.90</td>
</tr>
<tr>
<td>1 Adult (ages 29 to 64): $45.20</td>
<td>1 Adult (ages 29 to 64): $45.21</td>
</tr>
<tr>
<td>1 Adult w/dep: $65.71</td>
<td>1 Adult w/dep: $65.13</td>
</tr>
<tr>
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<td>2 Adults: $90.43</td>
</tr>
<tr>
<td>2 Adults w/dep: $104.70</td>
<td>2 Adults w/dep: $104.68</td>
</tr>
<tr>
<td>3 Adults: $130.52</td>
<td>3 Adults: $130.55</td>
</tr>
<tr>
<td>3 Adults w/dep: $147.62</td>
<td>3 Adults w/dep: $148.01</td>
</tr>
<tr>
<td>Senior (ages 65 and up): $40.68</td>
<td>Senior (ages 65 and up): $40.69</td>
</tr>
<tr>
<td>1 Senior w/dep: $59.72</td>
<td>1 Senior w/dep: $59.13</td>
</tr>
<tr>
<td>2 Seniors: $81.36</td>
<td>2 Seniors: $81.38</td>
</tr>
<tr>
<td>2 Seniors w/dep: $94.23</td>
<td>2 Seniors w/dep: $94.44</td>
</tr>
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</tr>
</tbody>
</table>
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 years old.

<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>
<th>East Triangle YMCA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young Adult (Ages 14-28)</td>
<td>$47.18</td>
<td>$42.96</td>
<td>$47.18</td>
<td>$37.39</td>
<td>$42.96</td>
<td>$37.39</td>
<td>$35.69</td>
<td>$37.39</td>
</tr>
<tr>
<td>Young Adult/Dependents</td>
<td>$53.82</td>
<td>$64.61</td>
<td>$60.13</td>
<td>$57.92</td>
<td>$58.07</td>
<td>$57.92</td>
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<td>$57.35</td>
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<tr>
<td>2 Young Adults</td>
<td>$93.42</td>
<td>$85.92</td>
<td>$93.43</td>
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<td>$85.92</td>
<td>$74.77</td>
<td>$71.38</td>
<td>$74.79</td>
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<tr>
<td>2 Young Adults &amp; Dependents</td>
<td>$101.00</td>
<td>$106.90</td>
<td>$104.92</td>
<td>$95.71</td>
<td>$101.03</td>
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<td>$94.90</td>
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<tr>
<td>Adult (Ages 29-64)</td>
<td>$53.74</td>
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<td>$53.74</td>
<td>$45.20</td>
<td>$52.80</td>
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<tr>
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<td>$74.01</td>
<td>$66.71</td>
<td>$66.36</td>
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<tr>
<td>2 Adults</td>
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<td>$117.91</td>
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<td>$94.04</td>
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<tr>
<td>3 Adults</td>
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<td>$150.00</td>
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<td>$130.52</td>
<td>$156.70</td>
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<td>$130.55</td>
</tr>
<tr>
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<td>$164.84</td>
<td>$166.73</td>
<td>$162.71</td>
<td>$147.62</td>
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<td>$148.01</td>
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<tr>
<td>Senior (Age 65 and up)</td>
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<td>$47.56</td>
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<td>$66.45</td>
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