<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
<th>Membership Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilson and Brodie Recreation Centers</td>
<td>919-684-5696</td>
<td>Individual $22.5/month **</td>
</tr>
<tr>
<td><strong>Individual memberships are only available through the Duke Fitness Club.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Couple and Family memberships are available through the Duke Card Office.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wilson, West Campus and Brodie, East Campus</td>
<td>919-613-7538</td>
<td></td>
</tr>
<tr>
<td>Fuel Fitness</td>
<td>919-544-9000</td>
<td>Individual $31.00/month, Couple $53.00/month, Family $75.00/month, NEW AMP Access $99.00/month or $149 for Couple</td>
</tr>
<tr>
<td>PRIME Athletic and Fitness Training Institute</td>
<td>919-908-6061</td>
<td>*Enrollment fee: $30.00 (one) or $75.00 (2+ individuals)</td>
</tr>
<tr>
<td>Bodyworx Aerobic and Fitness Center</td>
<td>919-693-6826</td>
<td>Individual $25.00/month</td>
</tr>
<tr>
<td>Millennium Sports Club</td>
<td>919-384-1992</td>
<td>Single $36.00/month, Couple $69.00/month, Family $102/month</td>
</tr>
<tr>
<td>Total Fitness</td>
<td>336-599-5033</td>
<td>Single $28.00/month, Couple $53.00/month, Family $78.00/month</td>
</tr>
</tbody>
</table>

**WELLBEATS**

**Online Streaming Fitness Classes**

Unlimited use at your convenience

$5.00/month
**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>Membership</th>
<th>Platinum Membership</th>
<th>Gold Membership</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Single $48.49/month</td>
<td>Single $35.89/month</td>
</tr>
<tr>
<td></td>
<td>$581.88</td>
<td>$430.68</td>
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<td></td>
<td>Parent/Dependent Child $54.09/month</td>
<td>Parent/Dependent Child $42.89/month</td>
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<td></td>
<td>$649.08</td>
<td>$514.68</td>
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<tr>
<td></td>
<td>Parent/Second Dependent Child $57.59/month</td>
<td>Parent/Second Dependent Child $50.59/month</td>
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<tr>
<td></td>
<td>$691.08</td>
<td>$607.08</td>
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<tr>
<td></td>
<td>Couple $57.59/month</td>
<td>Couple $50.59/month</td>
</tr>
<tr>
<td></td>
<td>$833.88</td>
<td>$607.08</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

<table>
<thead>
<tr>
<th>Members</th>
<th>Fee</th>
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<tbody>
<tr>
<td>1</td>
<td>$45.50</td>
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<tr>
<td>2</td>
<td>$75.50</td>
</tr>
<tr>
<td>3</td>
<td>$95.50</td>
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<tr>
<td>4</td>
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</tr>
<tr>
<td>5</td>
<td>$135.50</td>
</tr>
<tr>
<td>6</td>
<td>$155.50</td>
</tr>
<tr>
<td>7</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>Membership</th>
<th>Raleigh, Cary, all locations Onyx Limited and under nationwide</th>
<th>Apex Location Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Adult (age 26 and under)</td>
<td>$92.00</td>
<td>1 Adult (Standard) - $82.00</td>
</tr>
<tr>
<td>1 Adult</td>
<td>$102.00</td>
<td>2 Adult (Standard) - $132.00</td>
</tr>
<tr>
<td>2 Adult</td>
<td>$162.00</td>
<td>3 Adult (Standard) - $162.00</td>
</tr>
<tr>
<td>3 Adult</td>
<td>$202.00</td>
<td>4+ Adult (Standard) - $182.00</td>
</tr>
<tr>
<td>4+ Adult</td>
<td>$232.00</td>
<td></td>
</tr>
</tbody>
</table>
## YMCA of the Triangle

### *Durham Branch*
(Downtown Durham, Hope Valley Farms, American Tobacco, Lakewood)
- 1 Young Adult (ages 18 to 28): $47.18
- 1 Young Adult w/dep: $53.82
- 2 Young Adults: $93.42
- 2 Young Adults w/dep: $101.0
- 1 Adult (ages 29 to 64): $53.74
- 1 Adult w/dep: $63.38
- 2 Adults: $105.87
- 2 Adults w/dep: $115.73
- 3 Adults: $153.58
- 3 Adults w/dep: $164.84
- Senior (ages 65 and up): $47.56
- 1 Senior w/dep: $57.05
- 2 Seniors: $94.17
- 2 Seniors w/dep: $104.41

### *Raleigh Branch*
(Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale)
- 1 Young Adult (ages 18 to 28): $42.96
- 1 Young Adult w/dep: $64.61
- 2 Young Adults: $85.92
- 2 Young Adults w/dep: $106.9
- 1 Adult (ages 29 to 64): $51.95
- 1 Adult w/dep: $74.01
- 2 Adults: $103.90
- 2 Adults w/dep: $117.91
- 3 Adults: $150.00
- 3 Adults w/dep: $166.73
- Senior (ages 65 and up): $46.63
- 1 Senior w/dep: $66.45
- 2 Seniors: $93.28
- 2 Seniors w/dep: $106.13

### **Alexander & Poyner**
(Downtown Raleigh)
- 1 Young Adult (ages 18 to 28): $47.18
- 1 Young Adult w/dep: $60.13
- 2 Young Adults: $93.43
- 2 Young Adult w/dep: $104.92
- 1 Adult (ages 29 to 64): $53.74
- 1 Adult w/dep: $66.71
- 2 Adults: $105.88
- 2 Adults w/dep: $117.91
- 3 Adults: $156.54
- 3 Adults w/dep: $162.71
- Senior (ages 65 and up): $47.56
- 1 Senior w/dep: $59.84
- 2 Seniors: $94.17
- 2 Seniors w/dep: $104.41

### **Raleigh Branch**
(Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale)
- 1 Young Adult (ages 18 to 28): $42.96
- 1 Young Adult w/dep: $64.61
- 2 Young Adults: $85.92
- 2 Young Adults w/dep: $106.9
- 1 Adult (ages 29 to 64): $51.95
- 1 Adult w/dep: $74.01
- 2 Adults: $103.90
- 2 Adults w/dep: $117.91
- 3 Adults: $150.00
- 3 Adults w/dep: $166.73
- Senior (ages 65 and up): $46.63
- 1 Senior w/dep: $66.45
- 2 Seniors: $93.28
- 2 Seniors w/dep: $106.13

### *Chapel Hill*
- 1 Young Adult (ages 18 to 28): $42.96
- 1 Young Adult w/dep: $58.07
- 2 Young Adult: $85.92
- 2 Young Adult w/dep: $101.03
- 1 Adult (ages 29 to 64): $52.80
- 1 Adult w/dep: $67.34
- 2 Adults: $103.90
- 2 Adults w/dep: $117.91
- 3 Adults: $156.70
- 3 Adults w/dep: $165.30
- Senior (ages 65 and up): $47.56
- 1 Senior w/dep: $57.05
- 2 Seniors: $94.17
- 2 Seniors w/dep: $104.41

### *Poole Family*
- 1 Young Adult (ages 18 to 28): $37.39
- 1 Young Adult w/dep: $57.92
- 2 Young Adults: $74.77
- 2 Young Adults w/dep: $95.71
- 1 Adult (ages 29 to 64): $45.20
- 1 Adult w/dep: $66.36
- 2 Adults: $90.41
- 2 Adults w/dep: $104.70
- 3 Adults: $130.52
- 3 Adults w/dep: $147.62
- Senior (ages 65 and up): $48.35
- 1 Senior w/dep: $57.05
- 2 Seniors: $94.17
- 2 Seniors w/dep: $104.41

### *Ingram Family (Lee County)*
- 1 Young Adult (ages 18 to 28): $35.69
- 1 Young Adult w/dep: $45.27
- 2 Young Adults: $71.38
- 2 Young Adults w/dep: $80.96
- 1 Adult (ages 29 to 64): $44.78
- 1 Adult w/dep: $54.20
- 2 Adults: $87.11
- 2 Adults w/dep: $94.04
- 3 Adults: $130.65
- 3 Adults w/dep: $136.36
- Senior (ages 65 and up): $40.15
- 1 Senior w/dep: $49.28
- 2 Seniors: $80.30
- 2 Seniors w/dep: $89.42

### Southeast Raleigh YMCA
- 1 Young Adult (ages 18-28): $37.39
- 1 Young Adult w/dep: $57.92
- 2 Young Adults: $74.77
- 2 Young Adults w/dep: $95.71
- 1 Adult (ages 29 to 64): $45.20
- 1 Adult w/dep: $66.36
- 2 Adults: $90.41
- 2 Adults w/dep: $104.70
- 3 Adults: $130.52
- 3 Adults w/dep: $147.62
- Senior (ages 65+): $40.68
- 1 Senior w/dep: $59.72
- 2 Seniors: $93.28
- 2 Seniors w/dep: $106.13

### East Raleigh YMCA
- 1 Young Adult (ages 18-28): $37.39
- 1 Young Adult w/dep: $57.92
- 2 Young Adults: $74.77
- 2 Young Adults w/dep: $95.71
- 1 Adult (ages 29-64): $45.20
- 1 Adult w/dep: $66.36
- 2 Adults: $90.41
- 2 Adults w/dep: $104.70
- 3 Adults: $130.52
- 3 Adults w/dep: $147.62
- Senior (ages 65 and up): $40.68
- 1 Senior w/dep: $59.72
- 2 Seniors: $93.28
- 2 Seniors w/dep: $106.13

### Chatham YMCA
- 1 Young Adult (ages 18-28): $37.39
- 1 Young Adult w/dep: $57.92
- 2 Young Adults: $74.77
- 2 Young Adults w/dep: $95.71
- 1 Adult (ages 29 to 64): $45.20
- 1 Adult w/dep: $66.36
- 2 Adults: $90.41
- 2 Adults w/dep: $104.70
- 3 Adults: $130.52
- 3 Adults w/dep: $147.62
- Senior (ages 65+): $40.68
- 1 Senior w/dep: $59.72
- 2 Seniors: $93.28
- 2 Seniors w/dep: $106.13

### East Raleigh YMCA
- 1 Young Adult (ages 18-28): $37.39
- 1 Young Adult w/dep: $57.92
- 2 Young Adults: $74.77
- 2 Young Adults w/dep: $95.71
- 1 Adult (ages 29-64): $45.20
- 1 Adult w/dep: $66.36
- 2 Adults: $90.41
- 2 Adults w/dep: $104.70
- 3 Adults: $130.52
- 3 Adults w/dep: $147.62
- Senior (ages 65 and up): $40.68
- 1 Senior w/dep: $59.72
- 2 Seniors: $93.28
- 2 Seniors w/dep: $106.13

### Chatham YMCA
- 1 Young Adult (ages 18-28): $37.39
- 1 Young Adult w/dep: $57.92
- 2 Young Adults: $74.77
- 2 Young Adults w/dep: $95.71
- 1 Adult (ages 29-64): $45.20
- 1 Adult w/dep: $66.36
- 2 Adults: $90.41
- 2 Adults w/dep: $104.70
- 3 Adults: $130.52
- 3 Adults w/dep: $147.62
- Senior (ages 65 and up): $40.68
- 1 Senior w/dep: $59.72
- 2 Seniors: $93.28
- 2 Seniors w/dep: $106.13
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 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>
<td>$45.27</td>
<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>
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<td>$106.90</td>
<td>$104.92</td>
<td>$95.71</td>
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<td>$95.71</td>
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<td>$51.95</td>
<td>$53.74</td>
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<td>3 Adults</td>
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<tr>
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<tr>
<td>Senior/Dependents</td>
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<td>$95.73</td>
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<td>$80.30</td>
<td>$81.38</td>
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<tr>
<td>2 Seniors/Dependents</td>
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<td>$106.13</td>
<td>$104.41</td>
<td>$94.23</td>
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