



City of Lawrence

# Corporate Rate Fitness Club Memberships 2015

Human Resources Use Only

Employee # \_\_\_\_\_

Ded. code: \_\_\_\_\_

Amount: \_\_\_\_\_

Max: \_\_\_\_\_

Start date: \_\_\_\_\_

End date: \_\_\_\_\_

One of CHAMP's most popular programs is discounted memberships to local fitness clubs that employees can pay for through convenient payroll deduction. **Eligible participants include City of Lawrence full and part time regular employees, extra board firefighters, and their immediate family members.**

### The program works like this:

- You sign a membership agreement directly with the fitness club. You are bound by the terms and conditions in your agreement with the club.
- Most clubs require an annual agreement (unless otherwise noted).
- New memberships are allowed the first of each month throughout the year.
- Memberships that begin February 1 and later will be prorated based on the annual rate.
- The City will pay the club quarterly for your membership.
- You authorize the City of Lawrence in writing to collect reimbursement from you through payroll deduction for paying the cost of the membership in advance.
- **Should you terminate your employment with the City of Lawrence, you would need to work directly with the fitness club to continue paying for your membership and your rate is subject to change.**

### To authorize payroll deduction, please read the following and sign:

- ▶ I understand that the City of Lawrence will be paying for my membership quarterly and will be reimbursed by my payroll deductions beginning with the January 2, 2015 paycheck as authorized above or by deduction of the balance due for the quarter from my final paycheck.
- ▶ If my employment terminates for any reason, I understand I will be responsible for payment of the balance due for the current quarter out of my last paycheck and will be responsible for paying the club directly for the remainder of the membership year.

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Print Name

Signature

Date

*The City of Lawrence Health Activities Management Program (CHAMP) was created to develop and implement a city-wide wellness program for the purposes of increasing the general health and well-being of our employees and thereby reducing health plan costs, sick leave usage, and health risks of City employees.*

# Fitness Club Membership - 2015 Rates

✓ Choose your membership - see next page for more club information

	Annual Rate	Per Pay Period
<b>Body Boutique</b> (enrollment form available from HR)		
<input type="checkbox"/> Individual	\$494.59	\$19.03
<input type="checkbox"/> Mother/Daughter	\$683.73	\$26.30
<b>Jazzercise</b> (enrollment form available from HR)		
<input type="checkbox"/> Individual	\$456.48	\$17.56
<b>Genesis</b> (enrollment form available from HR)		
<input type="checkbox"/> Individual	\$456.00	\$17.54
<input type="checkbox"/> Couple	\$576.00	\$22.16
<input type="checkbox"/> Family	\$691.00	\$26.58
<b>OrthoKS Full</b> (enrollment form available from HR)		
<input type="checkbox"/> Individual	\$300.00	\$11.54
<input type="checkbox"/> Couple	\$450.00	\$17.31
<b>OrthoKS Pool Only</b> (enrollment form available from HR)		
<input type="checkbox"/> Individual	\$225.00	\$8.66
<input type="checkbox"/> Couple	\$432.00	\$16.62
<b>The Summit</b> (enrollment form available from HR)		
<input type="checkbox"/> Individual	\$391.32	\$15.06
<input type="checkbox"/> Couple	\$586.98	\$22.58
<input type="checkbox"/> Family	\$913.08	\$35.12
<b>Title Boxing</b> (enrollment form available from HR)		
<input type="checkbox"/> Individual	\$642.22	\$24.71
<input type="checkbox"/> Family (up to 5 members)	\$1,077.60	\$41.45
<b>Underground Lab</b> (enrollment form available from HR)		
<input type="checkbox"/> Private coaching 12 month contract	\$3,276.00	\$126.00
<input type="checkbox"/> Private coaching 6 month contract	\$1,638.00	\$126.00
<input type="checkbox"/> Small group	\$1,800.00	\$69.24
<input type="checkbox"/> Large group	\$1,080.00	\$41.54
<input type="checkbox"/> Studio use only	\$564.00	\$21.70
Family packages also available - see attached		
<b>Bikram Yoga</b> (membership form available at the club)		
<input type="checkbox"/> Individual	\$999.00	\$38.43
<input type="checkbox"/> Copule	\$1,799.00	\$69.20
<b>Omni Universal Training</b> (membership form available at the club)		
<input type="checkbox"/> Individual no contract	\$720.00	\$27.70

# Fitness Club Membership - 2015 Rates

✓ **Choose your membership - see next page for more club information**

	Annual Rate	Per Pay Period
Individual with contract	\$576.00	\$22.16
Couple no contract	\$1,392.00	\$53.54
Couple with contract	\$1,008.00	\$38.77
Individual open gym only no contract	\$348.00	\$12.89

Personal Training and Active Release Therapy also available - see attached

## Baldwin Athletic Club (membership form available at the club)

<b>Platinum Individual</b> - 24 hr access, unlimited tanning, classes, training and juice bar	\$4,188.00	\$161.08
<b>Gold Individual</b> - 24 hr access, tanning, classes, training 2x/month and juice bar	\$2,988.00	\$114.93
<b>Silver Individual</b> - 24 hr access, unlimited tanning and training	\$2,388.00	\$91.85
<b>Nickel Individual</b> - 24 hr access, unlimited tanning and classes	\$1,788.00	\$68.77
<b>Brass Individual</b> - 24 hr access, unlimited tanning	\$960.00	\$36.93
24 hour access gym only	\$660.00	\$25.39

<b>Platinum couple</b> - 24 hr access, unlimited tanning, classes, training and juice bar	\$5,460.00	\$210.00
<b>Gold couple</b> - 24 hr access, tanning, classes, training 2x/month and juice bar	\$4,260.00	\$163.85
<b>Silver couple</b> - 24 hr access, unlimited tanning and training	\$3,660.00	\$140.77
<b>Nickel couple</b> - 24 hr access, unlimited tanning and classes	\$2,460.00	\$94.62
<b>Brass couple</b> - 24 hr access, unlimited tanning	\$1,788.00	\$68.77
24 hr access gym only couple	\$1,200.00	\$46.16

Ala Carte options also available - see attached

## OmTree Shala (membership form available at the club)

Unlimited no contract	\$840.00	\$32.31
Unlimited with contract	\$600.00	\$23.08

Individual classes and 5 or 10 class cards also available - see attached

### Body Boutique

785-749-2424

2330 Yale Rd.

Full class schedule online at [www.bodybofitness.com](http://www.bodybofitness.com)

- New members will need to purchase an ID tag for \$10 at the club
- Individual or Mother/Daughter membership – Daughter must be between 12 and 18 yrs old
- Daughter add-ons must purchase two 30 minute teen training sessions for a total of \$60 paid by the employee directly to Body Boutique.

### Jazzercise

785-331-4333

3115 W 6<sup>th</sup> St, Ste I

Full class schedule online at [www.jazzercise.com](http://www.jazzercise.com)

### Genesis Health Club

785-749-6762 – 2339 S. Iowa St.

785-842-4966 – 3201 Mesa Way

[www.genesishealthclubs.com](http://www.genesishealthclubs.com)

*Membership includes:*

- Unlimited access to the North and South locations
- One free personal fitness assessment with a personal trainer
- One free personal training session with a personal trainer
- If the two above personal training sessions are completed, the member is entered into our Results Based Training program and receives a personal training session each month for the remainder of their membership.

### OrthoKansas

785-838-7846

1112 W. 6<sup>th</sup> St., Ste 124

<http://orthokansasllc.com/services/aquatic-classes-wellness-programs.php>

- Full membership includes use of gym and pool
- Pool only membership includes full use of pool (aqua classes and open swim times)

### The Summit

913-683-4774

901 New Hampshire/Lower Level

[www.thesummitlawrence.com](http://www.thesummitlawrence.com)

### Title Boxing

785-856-2696

1520 Wakarusa

[www.titleboxingclub.com](http://www.titleboxingclub.com)

- All packages will include 2 FREE personal training sessions

### OmTree Shala

785-841-YOGA

1405 Massachusetts St.

<http://omtreeshala.com/>

### Bikram Yoga

785-832-9642

711 West 23<sup>rd</sup> St.

<http://www.bikramyogaks.com/#/home/>

### The Underground Lab

785-312-9682

919 E. 29<sup>th</sup> St.

[www.uglfitness.com](http://www.uglfitness.com)

Private coaching – 12 individual sessions every month with programmed workouts tailored specifically to your goals

Small Group Coaching – 12 sessions every month to work out with a group no more than 6 people.

Large Group Coaching – 12 workouts per month with a group ranging from 10 – 18 participants.

Studio Pass – receive access to use the facility for our own personal workouts during business hours.

Family training packages:

Small group coaching \$130 per person per month

Large group coaching \$60 per person per month

### Omni Universal Training

785-424-0619

712 E. 9<sup>th</sup> St.

<http://omniuniversaltraining.com/>

*Personal Training rates:*

- \$25 per session for 50 to 70 minute sessions
- \$22.50 per session with at least 6 session commitment (must attend at least 2 sessions a week)
- \$22.50 per session with at least 12 session commitment (must attend at least 1 session a week)
- \$18.00 per session with at least 6 session commitment (must attend at least 3 a week)

Active Release Therapy is programmed to use specific exercises, assisted stretching and equipment to increase range of motion and decrease tightness. Focus on relieving pain associates with movement or deducing tightness that restricts full extension, contraction or relaxation of muscles.

*Active Release Therapy rates:*

- \$25 for 1 hour session
- \$15 for 30 minute session
- \$20 for three 1 hour sessions (must commit to 3 sessions)

### Baldwin Athletic Club

785-594-2582

912 Ames St.

<http://www.baldwinathleticclub.com/>

*A la Carte rates PER MONTH:*

- Training
  - \$75 – Single sessions
  - \$50 each for 4 – 8 sessions
  - \$500 – Unlimited (includes nutrition goals, driven training, pain treatments, shakes and tanning)
- Classes
  - \$15 per class
  - \$55 – GFit 3x per week
  - \$40 – Yoga 2x per week
  - \$99 – unlimited
- Juice Bar
  - \$40 – unlimited
- Tanning
  - \$45 – unlimited (members)
  - \$65 – unlimited (non-members)