

Your Health is PRICELESS\$

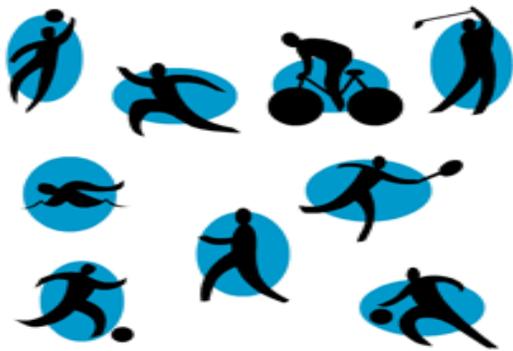


Common discounts may include:

- Waived enrollment fee
- 5-15% off monthly rate
- Free personal training sessions
- % Discount on services offered
- Free fitness eval
- Free trial periods; 7 to 30 days

TIPS FOR FINDING THE RIGHT HEALTH CLUB FOR YOU

- Contact the health club you're interested in for current corporate discount rates and promotions offered to City of Norfolk employees
- Don't take someone else's word for the reputation of a facility. **Do your own research**
 - * Every gym/fitness club is unique. Visit the sites that you're interested in and take a tour
 - * What are the facility hours of operation? Do they correspond to your anticipated exercise times?
 - * Keep an eye out for things that appeal to you (i.e., specific equipment, exercise class offerings, cleanliness of the gym, staff presence on the gym floor)
 - * Try out the equipment. Is it in good shape? Ask about how often the equipment is serviced
- Norfolk Employee Wellness does NOT discriminate against any club and will act to promote all area health clubs offering discounted rates to city employees.



Health Club Listings

The Gym Downtown
259 Granby St, Suite 200
Norfolk, VA 23510
(757) 321-4963
www.gymdowntown.com

One Life Fitness
1900 Monticello Ave
Norfolk, VA 23517
(757) 248-4800
www.onelifefitness.com
**Onelife membership allows access to all Hampton Roads facilities!*

Planet Fitness
4245 East Little Creek Rd
Norfolk, VA 23518
(757) 644-6926
www.planetfitness.com
**Contact franchise facilities for membership access outside Norfolk site*



Anytime Fitness
2406 East Little Creek Rd
Norfolk, VA 23518
(757) 383-6298
www.anytimefitness.com
**Contact franchise facilities for membership access outside Norfolk site*

Norfolk Fitness & Wellness Center*
7300 Newport Ave
Norfolk, VA 23505
(757) 823-4301
www.norfolk.gov/rpos/wellness.asp
**City of Norfolk Employees Only*

Fitness First Health & Wellness
115 Tazewell Street
(757) 625-1115
www.fitnessfirsthealthwellness.com



Blocker Family YMCA
312 W Bute St
Norfolk, VA 23510
(757) 622-9622
www.ymcashr.org
**Membership to any HR YMCA allows you access to 16 different facilities!*

Wellness One
565 Cedar Road (Suite 16)
Chesapeake, VA
(757) 547-2582
www.wellnessone.com

Fitness Together
350 W 22nd St, Suite 102
757-228-5310
www.fitnessstogether.com/norfolk

Lacey Lee Fitness
1313 Redgate Ave
Norfolk, VA 23507
(757) 288-5444
www.laceyleefitness.com

Jim White Fitness Studios
1577 Laskin Rd, Suite 105
(757) 422-4728
4640 Shore Drive, Suite 105
(757) 749-8469
www.jimwhitefit.com

