



# Fitness Membership Discounts

*City of Tacoma employees are expected to show proof of employment (i.e., ID badge) when inquiring about a discount*

## Gym/Fitness discounts available to City of Tacoma employees (listed alphabetically)

Name	Location/Contact Information	Description
<p><b>Anytime Fitness</b> DuPont, Spanaway or Yelm</p> <p><a href="#">City of Tacoma Flyer</a></p>	<p><b>DuPont Address, Phone and Website:</b> 2620 Williamson PL NW, DuPont, WA 98327 253.267.5425 <a href="http://www.anytimefitness.com/gyms/118/dupont-wa-98327">www.anytimefitness.com/gyms/118/dupont-wa-98327</a></p> <p><b>Spanaway Address, Phone and Website:</b> 22307 Mountain Hwy E, Spanaway, WA 98387 253.875.7976 <a href="http://www.anytimefitness.com/gyms/3429/Spanaway-WA-98387">www.anytimefitness.com/gyms/3429/Spanaway-WA-98387</a></p> <p><b>Yelm Address, Phone and Website:</b> 1304 Yelm Ave E, Yelm, WA 98597 360.400.3880 <a href="http://anytimefitness.com/gyms/1009/Yelm-WA-98597">anytimefitness.com/gyms/1009/Yelm-WA-98597</a></p>	<p><b>50% off Enrollment &amp; 10% off Membership:</b></p> <ul style="list-style-type: none"> <li>• 24/7 access</li> <li>• Nationwide access (3,000 clubs and counting)</li> <li>• Group fitness classes at no extra charge</li> <li>• Get started plan with a personal trainer</li> </ul>
<p><b>Anytime Fitness</b> Federal Way and Lakewood</p>	<p><b>Federal Way Address, Phone and Website:</b> 1614 SW Dash Point RD, Federal Way, WA 98023 206.212.6176 <a href="http://www.anytimefitness.com/gyms/3832/federal-way-wa-98023">www.anytimefitness.com/gyms/3832/federal-way-wa-98023</a></p> <p><b>Lakewood Address, Phone and Website:</b> 8520 Steilacoom Blvd SW, Lakewood, WA 98498 253.589.5277 <a href="http://www.anytimefitness.com/gyms/2121/lakewood-wa-98498">www.anytimefitness.com/gyms/2121/lakewood-wa-98498</a></p>	<p><b>\$0 Enrollment &amp; 10% off Membership:</b></p> <ul style="list-style-type: none"> <li>• 24/7 access</li> <li>• Nationwide access (3,000 clubs and counting)</li> <li>• FREE orientation with a personal trainer</li> </ul>
<p><b>Anytime Fitness</b> Gig Harbor</p>	<p><b>Address:</b> 5275 Olympic Drive NW, Ste. 107, Gig Harbor, WA 98335</p> <p><b>Phone:</b> 253.509.2747</p> <p><b>Website:</b> <a href="http://www.anytimefitness.com/gyms/1369/gym-Gig%20Harbor-Washington-fitness-center">www.anytimefitness.com/gyms/1369/gym-Gig%20Harbor-Washington-fitness-center</a></p>	<p><b>50% off Enrollment &amp; 10% off Membership:</b></p> <ul style="list-style-type: none"> <li>• 24/7 access</li> <li>• Nationwide access (3,000 clubs and counting)</li> <li>• Get started plan with a personal trainer</li> </ul>
<p><b>Anytime Fitness</b> Issaquah</p>	<p><b>Address:</b> 4525 Klahanie DR SE, Issaquah, WA 98029</p> <p><b>Phone:</b> 425.395.7248</p> <p><b>Website:</b> <a href="http://www.anytimefitness.com/gyms/3825/gym-Issaquah-Washington-fitness-center">www.anytimefitness.com/gyms/3825/gym-Issaquah-Washington-fitness-center</a></p>	<p><b>\$0 enrollment and 3-months of free hydro massage:</b></p> <ul style="list-style-type: none"> <li>• 24/7 access</li> <li>• Nationwide access (3,000 clubs and counting)</li> <li>• FREE fitness orientation in the club with one-hour session with a personal trainer</li> </ul>

Name	Location/Contact Information	Description
<b>Anytime Fitness</b> Orting	<b>Address:</b> 401 Washington Ave N, Orting, WA 98360  <b>Phone:</b> 360.893.2443  <b>Website:</b> <a href="http://www.anytimefitness.com/gyms/108/gym-orting-washington-fitness-center">www.anytimefitness.com/gyms/108/gym-orting-washington-fitness-center</a>	<b>50% off enrollment and 1st month FREE:</b> <ul style="list-style-type: none"> <li>• 24/7 access</li> <li>• Nationwide access (3,000 clubs and counting)</li> <li>• FREE one-hour session with a personal trainer</li> </ul>
<b>Anytime Fitness</b> Tacoma	<b>Address:</b> 2623 N Pearl ST, Tacoma WA 98407  <b>Phone:</b> 253.327.1515  <b>Website:</b> <a href="http://www.anytimefitness.com/gyms/3365/Tacoma-WA-98407">www.anytimefitness.com/gyms/3365/Tacoma-WA-98407</a>	<b>\$0 Enrollment, 50% off key fob &amp; 1st Month FREE:</b> <ul style="list-style-type: none"> <li>• 24/7 access</li> <li>• Nationwide access (3,000 clubs and counting)</li> <li>• Group fitness classes at no extra charge</li> <li>• Get started plan with a personal trainer</li> </ul>
<b>Armstrong Fitness</b> Puyallup  <a href="#">City of Tacoma Flyer</a>	<b>Address:</b> 716 South Hill Park Drive, Ste. A, Puyallup, WA 98373  <b>Phone:</b> 253.286.7112  <b>Website:</b> <a href="http://www.armstrongfitness.com">www.armstrongfitness.com</a>	<b>Membership rates are \$19/month for a 1-year commitment or \$24/month for the month-to-month option.</b> <ul style="list-style-type: none"> <li>• New Member Benefits: <ul style="list-style-type: none"> <li>* Functional Movement Assessment: Identify dysfunctional movement patterns that may lead to injury</li> <li>* Meal Plan: Learn a sustainable &amp; enjoyable approach to calories</li> <li>* 2 Full Service Personal Training Sessions: Body data tracking, goal instruction, building restorative &amp; effective exercising</li> </ul> </li> <li>• 30+ FREE group classes per week: Spin, Yoga, Circuits, Zumba and more!</li> </ul> <p><i>*Refer to the <a href="#">City of Tacoma Flyer</a> for more information about employee and family membership rates</i></p>
<b>Fitness 19</b> Federal way	<b>Address:</b> 33702 21st Ave SW, Ste. C, Federal Way, WA 98023  <b>Phone:</b> 253.517.8535  <b>Website:</b> <a href="http://www.fitness19.com/centers/federal-way/">www.fitness19.com/centers/federal-way/</a>	<b>\$12 Enrollment &amp; \$12/month Membership:</b> <ul style="list-style-type: none"> <li>• Month-to-month, auto withdrawal, 30-day notice</li> <li>• \$29 annual fee (due after a year with the gym)</li> <li>• All access, all days, all clubs and all hours</li> <li>• Immediate family additions for \$10 and \$5 a month</li> <li>• Unlimited monthly kids room at \$10/month for the first child and \$5/month for each additional child</li> <li>• Great personal training packages</li> </ul>
<b>Prana Hot Yoga &amp; Body Sculpt</b> Puyallup  <a href="#">City of Tacoma Flyer</a>	<b>Address:</b> 615 E Pioneer, Ste. 106, Puyallup, WA 98371  <b>Phone:</b> 253.256.4559  <b>Website:</b> <a href="http://www.pranapuyallup.com">www.pranapuyallup.com</a>	<b>20% OFF ALL Packages (excludes autopays, drop-ins, introductory offer and childcare)</b> <ul style="list-style-type: none"> <li>• We offer Hot Yoga, Barre, Cycling, Childcare and much more!</li> <li>• Discount available on autopay contracts, ask for Chelsy or Amanda for further information</li> </ul>

Name	Location/Contact Information	Description
<b>RCF CrossFit</b> Bellevue, Renton or Tacoma	<b>Addresses:</b> 1450 114th Ave SE, Bellevue, WA 98004  17110 116th Ave SE, Renton, WA 98058  3001 S Huson ST Ste. E B3, Tacoma, WA 98409  <b>Phone:</b> 425.954.7141 <b>Email:</b> <a href="mailto:info@iamrcf.com">info@iamrcf.com</a>  <b>Website:</b> <a href="http://iamrcf.com">http://iamrcf.com</a>	<b>40% OFF Membership, NO CONTRACTS, \$0 Enrollment, Free First Class Trial</b> <ul style="list-style-type: none"> <li>• 2 Year Winners of King 5's Best in Western Washington Award for Best CrossFit Gym</li> <li>• Access to 3 Locations (Tacoma, Renton, Bellevue)</li> <li>• Free introductory to CrossFit Classes with Membership</li> <li>• Free additional Strength and Gymnastics Programming</li> <li>• Free Nutritional Advice</li> <li>• Kid Friendly</li> </ul>
<b>Samdhana-Karana Yoga</b>  Non-Profit Yoga Studio	<b>Address:</b> 739 St. Helens Ave, Tacoma WA 98402  <b>Phone:</b> 253.254.6157  <b>Website:</b> <a href="http://www.samdhanakaranayoga.org">www.samdhanakaranayoga.org</a>	<b>City of Tacoma Employee Lunchtime Pass:</b> <ul style="list-style-type: none"> <li>• 5 class pass for \$25 (good for attendance to Lunchtime Yoga, Tues/Thurs 12:00 to 12:50 PM)</li> </ul> <b>Partner in Healing Discount:</b> <ul style="list-style-type: none"> <li>• Commit to 1 year of auto-payments and get unlimited yoga for \$50/month</li> </ul>
<b>Spanaway Fitness Center</b>	<b>Address:</b> 13819 Pacific Avenue S, Unit A, Tacoma WA 98444  <b>Phone:</b> 253.531.8444  <b>Website:</b> <a href="http://www.spanawayfitness.com">www.spanawayfitness.com</a>	<b>\$0 Enrollment &amp; \$20/month* Membership:</b> <ul style="list-style-type: none"> <li>• Family-oriented and friendly fitness center</li> <li>• Month-to-month contract, with no cancellation penalty</li> <li>• \$15 for each additional add-on</li> <li>• \$10 childcare option</li> <li>• \$10 for unlimited fitness/cardio classes</li> </ul> <p><i>*The discounted membership rate does require enrollment in autopay, and first and last month's payment at the time of sign-up.</i></p>
<b>STAR Center</b> Metro Parks Tacoma  <a href="#">City of Tacoma Flyer</a>	<b>Address:</b> 3873 S. 66th Street, Tacoma WA 98409  <b>Phone:</b> 253.404.3939  <b>Website:</b> <a href="http://STARCenterTacoma.org">STARCenterTacoma.org</a>	<b>\$0 Enrollment &amp; \$24/month Membership (regular \$26):</b> <ul style="list-style-type: none"> <li>• 40 group fitness classes every week</li> <li>• Access to two off-site pools, which includes free lap swim and family swim, plus discounts on swim lessons and aqua fitness classes</li> <li>• Free child watch for up to two hours per day (must have child pass and adult pass)</li> <li>• And much more</li> </ul>
<b>Summit Strength and Conditioning</b>  Lakewood & University Place  <a href="#">City of Tacoma Flyer</a>	<b>Lakewood Address and Phone:</b> 6002 Mt. Tacoma Dr. SW, Lakewood WA 98499 253.588.1111  <b>University Place Address and Phone:</b> 6928 22nd ST W, University Place WA 98466 253.590.3133  <b>Website:</b> <a href="http://summitstrengthandconditioning.com">summitstrengthandconditioning.com</a>	<b>\$20/month Membership:</b> <ul style="list-style-type: none"> <li>• Friendly training environment designed for motivated people at all fitness levels</li> <li>• Optional FREE personal training consultation offered with a new membership, which can help you to determine your fitness and/or athletic objectives</li> <li>• Owner and personal training, John Jarman, has been dedicated to transforming bodies in Pierce County for almost a decade</li> </ul>

Name	Location/Contact Information	Description
<b>Town Athletics</b>  Tacoma	<b>Address:</b> 3914 6th Ave, Tacoma, WA 98406  <b>Phone:</b> 253.987.6813  <b>Website:</b> <a href="http://townathletics.com">townathletics.com</a>	<b>2 weeks of FREE Beginners Onramp Class and 10% off Crossfit Membership:</b> <ul style="list-style-type: none"> <li>• 100% hands on training</li> <li>• Smaller classes for more in-depth personable focus</li> <li>• Major emphasis on technique and proper movement</li> <li>• Programming designed for EVERYONE</li> <li>• Free nutritional advice based on each individual</li> <li>• Complimentary fruit and hair ties</li> <li>• Community owned and operated</li> <li>• Only Crossfit Gym in Tacoma to include: showers, climate control AND industrial scrubber for a clean environment.</li> </ul>
<b>YMCA</b>  Pierce & Kitsap Counties	<b>Rather than listing all of the addresses of the participating YMCAs, please click on the location for more information:</b>  <a href="#">Bremerton Family YMCA</a> <a href="#">Gordon Family YMCA</a> (Sumner) <a href="#">Haselwood Family YMCA</a> (Silverdale) <a href="#">Lakewood Family YMCA</a> <a href="#">Mel Korum Family YMCA</a> (Puyallup) <a href="#">Morgan Family YMCA</a> (Tacoma) <a href="#">Tacoma Center YMCA</a> <a href="#">Tom Taylor Family YMCA</a> (Gig Harbor)	<b>\$0 Enrollment (no Membership discounts*):</b> <ul style="list-style-type: none"> <li>• You can add an additional adult to your corporate membership for just 1/2 the regular joining fee</li> <li>• You can have this membership pay directly from your City of Tacoma paycheck (2nd paycheck of the month)</li> <li>• Unlimited access to all Pierce and Kitsap Counties YMCA branches</li> <li>• Free 12 Week Personal Fitness Program</li> <li>• Free group exercise classes</li> <li>• Drop-in nursery and child-watch service</li> <li>• Personal training options</li> <li>• Volunteer opportunities</li> </ul> <p>* <a href="#">Visit here for the YMCA membership rates.</a></p>

**Disclaimer:** These discounts represent local area gyms/fitness facilities that were interested in offering a discount to City of Tacoma employees. The City of Tacoma is not partnering with any of these facilities. Any additional interested facilities should contact the Wellness Coordinator, Shannon Carmody at [wellness@cityoftacoma.org](mailto:wellness@cityoftacoma.org).