

Des Moines Metro Area Fitness Facilities and Offers for City of Des Moines Employees

NAME	STREET ADDRESS	CITY	WEBSITE	OFFERS & INFORMATION
7 Flags 24/7 X-Press	2822 Beaver Ave.	Des Moines	www.7flags.com	Fitness Facility Offerings\24-7 X-Press-DSM.doc Fitness Facility Offerings\Beaverdale 24-7 X-Press Services and Rates.doc
7 Flags Fitness & Racquet Club	2100 NW 100th St.	Clive	www.7flags.com	\$19 per month with no enrollment/joining fee Contact Frank Santana, President/CEO, Phone: 515-278-8888 ext. 718, Email: fsantana@7flags.com
AIB College of Business Activities Center	2500 Fleur Drive	Des Moines	http://www.aib.edu/StudentLife/ActivitiesCenter/tabid/172/Default.aspx	Corporate rates are: \$17 monthly/ \$50 quarterly/ \$200 yearly Corporate/Spouse: \$30m/ \$75 q/ \$300 y Corporate/Family (4passes) \$65m/ \$125q/ \$500y
Anytime Fitness	8405 Hickman Rd.	Urbandale	www.anytimefitness.com	50% off enrollment, 13th month free with 12 months paid in full, free 7 day passes to check out the facility
Anytime Fitness	480 Center Place SW Ste. C	Altoona	www.anytimefitness.com	At my location I offer no joining fee (a savings of \$99) and \$32/month on a 12 month membership (an additional \$7/month savings). Ph: 515-967-9222, Email: altoona@anytimefitness.com
Anytime Fitness	2815 Beaver Ave.	Des Moines	www.anytimebeaverdale.com	Free enrollment and a free 6-month membership to ActivTrax, our virtual personal trainer Call 274-2100 o schedule a tour
Anytime Fitness	5000 SE 14th Street	Des Moines	www.anytimefitness.com	
Aspen Athletic Clubs	Multiple locations	Metro area - see website for addresses	www.aspenathleticia.com	Free one month membership with two free personal training sessions and/or \$50 off any membership. This offer is good at all Aspen Athletic Clubs Locations in the Des Moines area. 1-888-99-GET-FIT Select the Club of your choice Ask for a free tour!
Curves of Urbandale	4537 NW. 86th St.	Urbandale		A coupon for 1 free month at the Curves in Urbandale! Email Heather Brady at hrbrady@dmgov.org for your coupon! Or contact Etta Schulz (manager at Curves) at 515-276-8669
Curves	5914 Ashworth Road	West Des Moines	On Facebook! Curves West Des Moines, IA	No joining fee! (\$99 value) Call 515-279-4952
Farrell's Extreme Body Shaping	2706 Beaver Ave.	Des Moines	www.extremebodys shaping.com	\$50 discount on the Farrell's U.S. Martial Arts AIM HIGH beginner's program. The AIM HIGH program is a beginner's martial arts program that lasts for 8 weeks and includes an official taekwondo uniform for the program. Preregistration is required for the course, and a FREE, no obligation introductory class is offered before the program begins. The AIM HIGH martial arts course is offered at our Beaverdale and Waukee locations only.
Fitness By Design	4715 Grand Ave.	Des Moines	www.fitnessbydesigndm.com	First visit is free - just visit the website and print a complimentary pass which is good for any class that is offered Fitness Facility Offerings\Fitness by Design - Welcome Guide.pdf
Fitness World 24	8104 Douglas Ave	Urbandale	http://www.fitnessworldwest.com/24.html	No enrollment fee for City of Des Moines employees
Fitness World West	3200 Westown Pkwy.	West Des Moines	www.fitnessworldwest.com	City of Des Moines Employees take 70% off, new memberships only. Ask Travis for details 515-223-5111 http://www.fitnessworldwest.com/citypromotion.html
Goals in Motion Fitness Studio	3169 99th St.	Urbandale	www.goalsinmotionfitness.com	If one or two people sign up together the cost for our 9 Week Challenge would be \$320/each. If three or more sign up together the cost would be \$300/each.
Green Yoga House	2204 Woodlands Pkwy.	Clive	www.greenyogahouse.com	Fitness Facility Offerings\Green House Yoga.pdf
Iowa Methodist Medical Center Fitness Facility		Des Moines	www.iowahealth.org	\$16 per month for a single membership & \$23 per month for a family membership

Mercy Wellness Center	1111 6th Ave.	Des Moines	http://www.mercydesmoines.org/comm_resources/wellness.cfm	<ul style="list-style-type: none"> • Corporate memberships are \$175.00 for a year with a \$15.00 enrollment fee. • Monthly memberships are \$30.00 a month plus a \$15.00 enrollment fee. • Adult memberships are 20 visits for \$50.00 or 10 visits for \$30.00 plus the enrollment fee. 	
Nu Balance	4800 Mills Civic Pkwy. Suite 206	West Des Moines	www.nubalancecoaching.com	I offer free consultations! I will coordinate a Group Weight Loss Coaching time with employees!!	Nu Balance.pdf
Perfectly Fit Figure Salon	2741 100th St.	Urbandale	www.perfectlyfitsalon.com		
Roundkick Gym	7611 Douglas Ave.	Urbandale	www.roundkickgym.com		
Snap Fitness	655 NE 56th St.	Pleasant Hill	www.snapfitness.com	zero enrollment! - only 24.99 per month! - month to month (no contracts)! - FREE 1 hour personal training session - must enroll at the West Des Moines SNAP Fitness Signature Location (located @ 7450 bridgewood Blvd- suite 205 WDM, IA, 50266). - Call for appointment 515-223-1512!	
The Family Tree	3817 Ingersoll Ave.	Des Moines	www.thefamilytreedm.com	\$5 towards their first yoga or movement class and \$15 towards their first massage.	
YMCA of Greater Des Moines	101 Locust St.	Des Moines	www.dmyymca.org/	The joiner fee of \$50 is waived for any city employee. . The monthly rate is based on our regular rates, which I have attached our Rate Sheet. A Payroll Deduct program has been set up with the city. The Payroll deduct is based on 26 pay periods, so the monthly fee is divided in half and that is the amount that is taken out of each check.	Fitness Facility Offerings\YMCA.pdf