

Being healthy, fit and active is a little easier with The Alliance's HEALTHY LIVING DISCOUNTS

We secure the discounts, all enrollees have to do is show their medical ID card to receive savings on a number of services that can help improve their health and wellness.

The Alliance Healthy Living Discounts program provides enrollees with savings at a number of facilities devoted to health and wellness. Discounts vary by provider and all you have to do is show a medical ID card with an Alliance logo to receive savings on pre-approved services.

Savings are offered on a wide variety of services including:

- » Health and fitness centers
- » Hearing aid centers
- » Yoga practitioners
- » Nutrition and weight-loss centers
- » Karate studios
- » Massage therapists

The Alliance coordinates the program on behalf of Alliance member organizations and their enrollees. Discounts are not considered a covered benefit or insurance program and participation by a particular business is not an endorsement by The Alliance of that business. Enrollees are responsible for all enrollment and membership fees associated with any businesses, outside of the stated discount.

Suggestions to the program are always welcome. To suggest a new business participant, call 800.223.4139 x 6642.

The complete list of discounts is always available at www.the-alliance.org/health_wellness.aspx.

HEALTHY LIVING DISCOUNTS

Participating Health and Fitness Clubs

ANYTIME FITNESS – JANESVILLE

Offers a 10% discount on enrollment dues.

2 Year Membership:

1/2 off enrollment
\$30 single monthly
\$50 couple monthly
Paid in full single \$699

1 Year Membership:

1/2 off enrollment
\$35 single monthly
\$55 couple monthly
Paid in full single \$399

2200 W. Court St.-Suite 140, Janesville
608-756-0007

3023 Milton Ave.-Suite 171, Janesville
608-756-0007

ANYTIME FITNESS

Offers \$0 enrollment fee, 1/2 off one time key fee. (Discounted monthly rates apply available.)

- 6250 Nesbitt Road, **Fitchburg**
608-270-9500
- 1117 N. Sherman Avenue, North **Madison**
608-245-1616
- 515 S. Midvale Blvd, **Madison**
608-231-4447
- 301 E. Campus Mall, **Madison**
608-237-2717
- 5802 Hwy 51, **McFarland**
608-838-811
- 1011 N. Gammon Road, **Middleton**
608-836-3131
- 6000 Monona Drive, **Monona**
608-222-9699
- 301 6 th Ave. West, **Monroe**
608-325-2222
- 2800 New Pinery Road, **Portage**
608-745-0250
- 2071 McCoy Road, **Sun Prairie**
608-834-1222
- 604 E. Main Street, **Waunakee**
608-849-8998

BRODHEAD HEALTH & FITNESS

Offers members a 10% discount on a 1-year membership.

804 23rd Street, Brodhead
608-897-3488

www.brodheadfitness.com

CURVES – BARABOO

Offers members a waived service fee with a 12 month contract

614 Oak Street, Baraboo
608-355-0100

CURVES – COTTAGE GROVE

Offers members \$100 off the service fee to join the club and 2 week free coupon available at the club to try them out.

536 Southing Grange, Suite #F, Cottage Grove
608-839-1980

CURVES – FORT ATKINSON

Offers members a service fee discount from \$149 to \$29.

121 N Main, Fort Atkinson
920-563-8013

CURVES – JANESVILLE

Offers members \$100 off the service fee to join the club.

1800 Humes Rd, Suite 2, Janesville
608-756-5100

1824 W. Court St., Janesville
608-756-5000

CURVES – LODI

Offers members \$100 off the service fee to join the club.

105 South Main Street, Lodi
608-592-1987

CURVES – MADISON EAST

Offers members \$100 off the service fee to join the club.

1645 Thierer Road, Madison-East
608-241-7171

6300 Monona Drive, Monona
608-222-1212

CURVES- MADISON WEST

Offers members \$100 off the service fee to join the club.

6630 Mineral Point Road-Madison-West
608-833-8383

CURVES – MIDDLETON

Offers members \$100 off the service fee to join the club.

2514 Allen Blvd., Middleton
608-836-3661

CURVES – MONROE

Offers members no joining fee. A \$149 discount.

1506 10th St., Monroe
608-328-3973

CURVES – OREGON

Offers members \$100 off the service fee to join the club.

852 Janesville St., Oregon
608-835-3000

CURVES – SAUK CITY

Offers members \$100 off the service fee to join the club.

620 Jackson St., Sauk City
608-644-9110

CURVES – STOUGHTON

Offers members \$100 off the service fee to join the club.

205 S. Division St., Stoughton
608-873-8000

HEALTHY LIVING DISCOUNTS

Participating Health and Fitness Clubs (continued)

CURVES – SUN PRAIRIE

Offers members \$100 off the service fee to join the club.
1268 W. Main Street, Sun Prairie
608-834-8808

CURVES – WATERTOWN

Offers members \$100 off the service fee to join the club and discounted monthly membership of \$29 to join the club.
*Includes all classes, circuit and health seminars.
200 W Main St, Watertown
920-262-9986

CURVES – WAUNAKEE

Offers members \$100 off the service fee to join the club.
124 W Main St.-Suite B, Waunakee
608-850-6999

FENNIMORE FITNESS

Offers \$6 off/month for single membership; \$7 off/month for couple membership when using the electronic funds transfer (EFT) payment option.
815 Lincoln Ave., Fennimore
608-822-4066
fennimorefitness@yahoo.com

FITNESS FIRST

Offers 10% off on monthly membership fees.
2800 New Pinery Road, Portage
608-745-0250

FITNESS FOR SUCCESS – WAUNAKEE

Discounted \$20 monthly membership fee; employees over 55 years old, \$12/month for a one year contract.
1004 Quinn Dr., Suite 3, Waunakee
608-850-4333

GOLD'S GYM

Offers \$69 enrollment fee and \$29.99 per month per 24 months (\$400 in savings)
6231 McKee Road, Fitchburg
608-661-4653
www.goldsgym.com

HARBOR ATHLETIC CLUB

Offers members the discounted corporate rate for a new or renewed 2-year contract. Additional discounts available if your employer is willing to utilize payroll deduction of fees for several employees.
2529 Allen Blvd., Middleton
608-831-6500
www.harborathletic.com

HARMONY ZONE FITNESS, LLC

Offers the discounted corporate rate of \$35/month to Alliance members.
280 W Netherwood, Oregon
608-835-9094

JANESVILLE ATHLETIC CLUB

Offers members a 2 week free trial membership.
1301 Blackbridge Road, Janesville
608-756-3737
www.janesvilleathleticclub.net

JAZZERCISE FITNESS CENTER

Offers members \$27 per month and no joining fee.
2095 Kerper Blvd, Dubuque, IA
563-582-1540
www.jazzercise.com

MADISON COLLEGE FITNESS CENTER

Offers 10% - 20% discount on membership (dependent on volume of Alliance members)

3550 Anderson St., Madison
608-243-4095

211 N. Carroll St., Madison
608-246-6093

MCFARLAND TAN & FITNESS

Offers 12 mo (prepay) membership for \$37/month, 24/7/365 access/no service fee; restrictions apply
4725 Dale-Curtin Drive, McFarland
608-838-9000

MISS-FITS WORKOUT COMPANY

Offers members a waived registration fee and \$10 off membership if they sign up with a friend
106 Stimpson St., Watertown
920-206-0873
www.missfits.com

ORANGE SHOE GYM

Offers complimentary personal training consultation.

6220 Nesbitt Road, Madison
608-270-9480

1 East Main Street, LL, Madison
608-255-0525

601 Junction Road, Madison
608-203-5166

info@orangeshoegym.com
www.orangeshoegym.com

PRAIRIE ATHLETIC CLUB

Offers members no enrollment fee and one Personal Training appointment per adult with new membership.
1010 N. Bird St., Sun Prairie
608-837-4646
www.prairieathletic.com

PRINCETON CLUB

Offers a two-week complimentary membership (print out [coupon](#) for use at both East and West locations.)
8080 Watts Road, Madison-West
608-833-2639
1726 Eagan Road, Madison-East
608-241-2639
www.princetonclub.net

HEALTHY LIVING DISCOUNTS

Participating Health and Fitness Clubs (continued)

THE RIDGE HEALTH & FITNESS CENTER

Offers memberships at the corporate rate (10% off)
2900 New Pinery Rd., Portage
608-742-2348

THE RIVERFRONT ATHLETIC CLUB

Offers members a 2 week free trial membership.
15 W. Milwaukee St., Janesville
608-757-6855

www.janesvilleathleticclub.net

SNAP FITNESS – BARABOO

Offers a \$5 discount/month on single or family membership fees.

1212 8th Street, Baraboo
608-356-6900

515 Broadway, Wisconsin Dells
608-253-0023

www.snapfitness.com

SNAP FITNESS – DEFOREST

Offers no enrollment fee and 10% off monthly membership.
693 S Main St, DeForest
608-846-7627

www.snapfitness.com

SNAP FITNESS – FITCHBURG

Offers no enrollment fee and 10% off monthly membership.
2980 Cahill Main, Fitchburg
608-467-7069

www.snapfitness.com

SNAP FITNESS – MCFARLAND

Offers no enrollment fee and 10% off monthly membership.
5720 Hwy 51, McFarland
www.snapfitness.com

SNAP FITNESS – VERONA

Offers no enrollment fee and 10% off monthly membership.
1039 N Edge Trail, Verona
608-845-9350

www.snapfitness.com

SNAP FITNESS – REEDSBURG

Discounted monthly membership of \$34.95.
1587 E Main St, Reedsburg
608-768-7348

www.snapfitness.com

SNAP FITNESS – WAUNAKEE

Offers 10% discount.
229 S. Century Ave., Waunakee
608-850-9249

www.snapfitness.com

SPARTAN FITNESS

Offers a free week of unlimited classes to any new client.
4705 Dale-Curtin Drive, McFarland
608-577-2030

www.spartanfit.com

SUPREME HEALTH & FITNESS

Offers members a \$50 discount on a new or renewed 2-year membership and 50% off a 2-week trial membership.
555 Odana Road, Madison
608-274-5080

www.supremehealthfitness.com

SWIM WEST

Offers memberships at the corporate rate.
1001 Deming Way, Madison
608-831-6829

SYMONS RECREATION COMPLEX

Offers members a 10% discount on a family, single parent and individual annual membership.
1250 Hwy. 14 West, (UW-Richland Campus), Richland Center
608-647-8522

www.symonsrec.com

VILLARI'S FAMILY FITNESS CENTER – REEDSBURG

Offers members 10% off 12 month programs, free evaluation and training session.
275 Southridge Blvd., Reedsburg
608-524-9870

www.villarireedsburg.com

WATERTOWN FITNESS

Offers members no enrollment fee and 10% off monthly membership fees.
1648 S. Church St., Watertown
920-261-9555

HEALTHY LIVING DISCOUNTS

Participating Massage Therapists

AMPLIFY SPA

Offers members 10% off a 60 minute massage.
311 E. Wisconsin St.-Suite 201, Portage
608-234-1764

BACK IN HARMONY

Offers members \$10 off each massage up to 3 times per month (full rate after that.)
6225 University Ave.-Suite 202, Madison
608-332-9581

BLOSSOMING SOUL MASSAGE, LLC

Offers members 20% off of their first visit and then 10% off of subsequent visits.
4710 E. Broadway Dr-Suite 190, Madison
608-222-2700

ELEMENTS THERAPEUTIC MASSAGE

Offers members 20% off retail services. Massages available at 25 minutes, 55 minutes, and 80 minutes.
1950 Cayuga St., Middleton
608-824-9099

I KNEAD YOU MASSAGE THERAPY

Offers members \$5 off a 1/2 hour massage or \$10 off 1 hour massage.
402 Gammon Place LL10, Madison
608-833-1133

IN BALANCE MASSAGE THERAPY

Offers members a 15% off discount.
715 Hill St.- Suite 260, Madison
608-513-2865

INDULGE SPA

Offers members 15% off any 60 or 90 minute massage. Cannot be combined with any other discount or special. Please mention Alliance member when booking appointment.
4339 E. Towne Way, Madison
608-249-7047

KARA'S MASSAGE THERAPY

Offers members \$5 off their first massage with proof of membership. Discount applies only to table massage. Limit one per person.
687 Lincoln Ave., Fennimore
608-822-3988

LEIA'S RENU DAY SPA

Offers members 10% off any service, anytime. Cannot be combined with other discounts, coupons or specials. May not be used when purchasing/redeeming gift certificates.
6401 Odana Rd., Madison
608-438-5342

RESTORE-RENEW MASSAGE THERAPY LLC

Offers members 15% off, cannot be combined with any other discount or offer.
1001 S. Whitney Way, Madison
608-445-3808

TOUCH OF YOUR LIFE THERAPEUTIC MASSAGE

Offers members 10% off a 60 minute massage or reiki therapy and 20% off packages of 4 or more 60 minute massages.
144 3rd St., Baraboo
608-432-1966

THE OASIS SALON & SPA

Offers members \$10 off 1 hour massage. Not valid with any other discounts or offers.
620 South Church St., Watertown
920-262-2200

THE THERAPEUTIC TOUCH

Offers members 10% off any one hour service.
601 W. Main St., Lake Geneva
262-248-6888

HEALTHY LIVING DISCOUNTS

Participating Mind, Body & Spirit

INNER FIRE YOGA

Offers:

Membership	Regular Pricing	Discount Pricing
10 Classes	\$140	\$123
20 Classes	\$255	\$225
1 Month Unlimited	\$145	\$130
3 Months Unlimited	\$355	\$310
12 Months Unlimited	\$990	\$870

5003 University Ave., Madison
608-661-0167

www.innerfireyogacenter.com

Participating Nutrition & Weight Loss

THIN & HEALTHY'S TOTAL SOLUTION

Offers members free metabolism evaluation and 50% off initial enrollment.
5973 Executive Dr., Fitchburg
608-274-8446

www.thinandhealthy.com/madisonwest

HARBOR WEIGHT LOSS INSTITUTE

Offers \$200 discount on 6 month weight loss program; to receive must sign a 6 month contract and have completed a Lifestyle Assessment with our Lifestyle Counselor.
2711 Allen Blvd.-Suite 203, Middleton
608-821-6505

Participating Karate

BRIAN QUAMME'S KARATE AMERICA LEADERSHIP SCHOOL, INC.

Offers members 20% off
4719 Dale-Curtain Dr., McFarland
608-838-3030

www.kamcfarland.com

KARATE AMERICA-COTTAGE GROVE

Offers members 1 month free on a 6 month membership.
316 W Cottage Grove Rd., Cottage Grove
608-839-4025

www.kaleaders.com

KARATE AMERICA-VERONA

Offers members, \$89 for 8 weeks of karate lessons and a new karate uniform and first belt.
535 Half Mile Rd., Verona
608-845-1333