

***Health Clubs in San Luis Obispo County
(Offers good through December 31, 2008)***

CURVES – Karen or Kathy

1530 W. Branch Arroyo Grande, CA. 93420 (805) 481-3333

Days and Hours: Monday through Friday 6:00am-7:00pm / Saturday 8:00am-12:00pm.

Amenities: Circuit Training, Weight Loss Classes, Guest Pass to Try Program, Members Can Work Out at Over 10,000 Locations.

Rates: No membership fee and only \$34.00 per month.

CURVES – Claire DeCapua

1236 Los Osos Valley Rd, Suite F, Los Osos, CA. 93407 (805) 534-0685

Days and Hours: Monday through Friday 6:00am-1:00pm and 4:00pm-7:00pm / Saturday 9:00am-12:00pm.

Amenities: An Hour and a Half Total Body Workout in Just 30 Minutes. Circuit Training and Weight Management Classes.

Rates: \$34.00 monthly \$0 start up fee.

CURVES – Kathy Benzon or Nancy Markley

505 Orchard Suite G, Nipomo, CA. 93444 (805) 931-0400

Days and Hours: Monday through Friday 6:00am-1:00pm and 3:30pm-7:30pm / Saturday 8:00am-12:00pm.

Amenities: An Hour and a Half Total Body Workout in Just 30 Minutes. Circuit Training/Weight Management Program.

Rates: No sign-up fee if you enroll for one year. Monthly fee is \$34.00 per month.

CURVES – Merilyn or Tracey Milburn

3536 Higuera St. Suite 210, San Luis Obispo, CA. 93401 (805) 543-4563

Days and Hours: Monday through Thursday 6:30am-7:00pm / Friday 6:30am-6:00pm / Saturday 9:00am-12:00pm.

Amenities: An Hour and a Half Total Body Workout in Just 30 Minutes; Circuit Training, Weight Management Program.

Rates: \$0 Service Fee, \$34.00 monthly on a 12 month contract.

FITNESS WORKS – Darby Lamprecht

500 Quintana Rd. Morro Bay, CA. 93442 (805) 772-7466

Days and Hours: Monday through Friday 5:30am-10:00pm / Saturday 8:00am-7:00pm / Sunday 9:00am-6:00pm.

Amenities: Cardio Theatre, Personal Training, 57 Group Fitness Classes weekly, Massage Therapy, physical therapy, circuit center, free weights.

Rates: Monthly rates for annual membership range from \$29-45 per month.

GYM ONE – Terri Harrington

1266 Tamson Dr. Suite 101, Cambria, CA. 93428 (805) 927-4961

Days and Hours: Member Hours 4:30am-midnight 7 days a week; Guest Hours Monday-Friday 7:00pm-6:00pm
Sat 8:00-1:00pm / Closed Sundays.

Amenities: Group Fitness classes: Yoga, pilates, spinning, step, pump it, ball class. Aquatics - water exercise and lap swimming and weight lifting equipment, free weights, treadmills, elliptical, trainers, TV monitors and more.

Rates: \$40.00 per month and ½ off service fee. Regularly \$99.00.

KENNEDY CLUB FITNESS – Any Staff Member

8693 El Camino Real, Atascadero, CA. 93422 (805) 461-0344

Days and Hours: Monday-Friday 6:30am-7:00pm / Saturday 8:00am-12:00pm.

Amenities: Weight Management Program (optional).

Rates: \$34.00 month on 12 month membership - \$0 Start up service fee.

***If you are interested in nominating a gym for participation in our program, please e-mail
Cherie Payne at chpayne@kern.org.***

