

GYM & REC CENTRE DISCOUNTS FOR PHSA STAFF

Last Updated: October 2021



All PHSA staff is eligible for the following discounts. Proof of employment must be available at the time of registration. Please contact healthpromotion@phsa.ca for more information.

PHSA negotiates Gym and Recreation Centre discounts, however PHSA is not liable or responsible for purchases made by PHSA staff with the Gym and Recreation Centre providers in this document.

30 Minute HIT

Victoria royaloak@30minutehit.com - 25% off registration fee. See website for information on memberships.
102 – 4475 778-433-8686
Viewmont Ave

9Round

Langley wade.allen@9round.ca - First workout is free, 10 days free
20349 88th Ave 778-836-9331 - 10% off a 2 month membership (\$269)
- 10% off a 6 month membership (\$99/month)
Surrey - Get \$120 off a 12 month membership (\$80/month)
19161 Fraser - A 24 month membership is (\$78)
Hwy - Get free gloves and wraps with each membership option
Port Moody - Present PHSA ID Badge when signing up
265B Newport Dr

Abbotsford andrew.stewart@9round.com - 12 month term - \$89 per month
100 - 2070 778-348-6377 - Month to month - \$119 per month
Sumas Way - Present PHSA ID Badge when signing up

Chilliwack
102 - 5725
Vedder Road

Burnaby andrew.stewart@9round.com - 12 month term - \$99 per month
6550 Hastings Street 778-348-6377 - Month to month - \$129 per month
- Present PHSA ID Badge when signing up

Surrey (Nordel)
127 - 12080
Nordel Way

North Vancouver andrew.stewart@9round.com - 12 month term - \$119 per month
125 West 1st Street 778-348-6377 - Month to month - \$149 per month
- Present PHSA ID Badge when signing up

West Kelowna louiedrwestkelownabc@9round.com
2127 Louie Drive #106
250-707-9993

- 50% off registration fee (regular \$199)
- Month-to-Month membership at 6-month contract monthly rate (\$15/month savings)
- 6-month membership at 12-month contract monthly rate (\$15/month savings)
- Present PHSA ID Badge when signing up

Kelowna- Pandosy pandosystkelownabc@9round.com
102, 3030 Pandosy St
250-258-5425

Kelowna- Rutland rutlandrdkelownabc@9round.com
225 Rutland Rd S #2
250-491-2228

Alberni Fitness

Port Alberni Tricia Grobell
4795 Gertrude info@albernifitness.com
250-723-2133

- Package: 20% off all membership terms for employees and families.

Anytime Fitness

18 clubs in BC Location-specific contact information available at anytimefitness.com

- Free 7-day guest pass
- 10% off standard monthly dues
- 50% off standard enrollment fees
- Proof of employment or a copy of the Anytime Fitness flyer required to receive discount.
- Note: Each Anytime Fitness club is individually owned and operated, therefore discounts cannot be guaranteed at all locations; please call ahead to the location of your choice to confirm eligibility.

Surrey Robyn Tingey
Cedar Hills robyn.tingey@anytimefitness.com
12830 96 Ave 604-583-3133

- 10% off of current monthly dues.
 - Enrollment fee - \$50 (Or promotional price if less than \$50)
 - **Enrollment fee waived if 2 or more staff sign-ups at the same time**
 - Key Fob Activation Fee - \$50
 - 1 Free month to start with
 - 1 Year plan - \$51/month (down from \$59.84/mo)
 - 2 Year plan - \$45/month (down from \$52.49)
-

Vancouver Greg Sundstrom
False Creek falsecreek@anytimefitness.com
489 W. 2nd 604-559-8463
Ave.

- \$57/month on a 1-year membership
- No enrollment fee
- Can break contract without fee if leaving PHSA

West Vancouver 778-379-2211
200-1025
Denman St.

- 10% off when a group of 5 people sign up for membership
- 20% off membership when 10 or more people sign up for membership

Bambu Hot Yoga

Nelson Kaila Kaufmann
191 Baker St. bambuhotyoga@gmail.com
250-509-0947

- 20% off 3 and 6 month passes for BC Ambulance paramedics
- 10% off for all other PHSA employees
- Drop in for \$15

Barre Belle

North Vancouver Emily Crebbin
#110 221 emily@barrebelle.ca
West (604)620-5454
Esplanade

- Auto-renew for \$150/month (regular \$175)
- One month unlimited \$165 (regular \$185)
- 10% off a 10 class pack (regularly \$210)
- To receive the discount either call in, email or purchase directly at the studio

Vancouver
1847 W 4th
Ave

Barre Fitness

Vancouver Kim Chohan
1038 info@barrefitness.com
Mainland St. 604.669.6906

- 15% off 10 class cards and drop-in rates

Barre Kamloops

Kamloops INFO@barrekamloops.com
103-150 250.682.8323
Victoria St.

- [1 Week of Free. Unlimited Classes](#) - Promo code "WEEK2019"
- [1-Month Unlimited for \\$40](#) - Promo code PHSA2019
- 15% off of continuing auto-pay memberships

Baza Dance Studios

Vancouver
1304
Seymour St,
Vancouver

dance@bazadance.com
(778) 379-2292

- 10% discount off classes
- The code is phsa10. It may be used online during checkout. For in-person purchases, employees can show their staff ID at the front desk.
- The code is valid for all of our regular solo and partner dance classes and associated packages (drop-ins, class packs, monthly passes, including the discovery pass for new students!)

Beyond Boxing

Burnaby
5552 Hastings

Robin Visanuvimol
beyondboxing@gmail.com

- 10% discount on all membership packages and drop in rates
- Use the Promo Code "PHSA" in the online store

Bikram Yoga

Burnaby
3665
Kingsway

Brad Colwell
info@bikramyogametrotown.com

- \$79 student monthly rate (3 month term minimum) +\$29 format and towels
- 10% off additional classes for purchase of regular class cards (i.e. 10 class + 1 bonus class or 20 classes + 2 bonus classes).

Delta
8865 Scott
Rd.

Mak Parhar
info@bikramyogadelta.com

(New location
to be
announced)

- 15% off 3, 6 and 12 month unlimited memberships
15% off 20, 50 and 100 class cards
- \$20 off/month on monthly unlimited auto pay membership (6 month minimum)
- Email info@bikramyogadelta.com, attn: Mak Parhar in order to enroll

Kelowna
555 Lawrence
Ave.

Chuck Woodward
bikramyogakelowna@shaw.ca
250-869-0468

- 20% off all packages

Vancouver
City Square
Unit 22 – 555
W 12th Ave.

Ken
support@bikramyogavancouver.com

- \$105 unlimited month-to-month yoga pass.
- Please ask for the PHSA corporate rate at the front desk. Your ID badge will be needed as proof of employment. Minimum 6 month commitment. This membership is an unlimited yoga autopay membership, i.e. it will be withdrawn monthly either from a credit card or bank account. Please provide 10 days written notice for the cancellation of the membership any time after 6 months (cancellation forms are available at all studios).

Victoria
750
Goldstream
Ave.

yoga@bikramwestshore.com
250-391-1975

- \$99/mth corporate autopay for unlimited yoga membership (paid monthly either with a credit card or direct debit via bank account). No minimum and no set up fees.
- 20-class card: \$199

Body & Soul Health & Fitness

Vancouver
3785 West
10th Ave.

Angela Longstaffe
alongstaffe@bodysoul.ca
604-224-2639

- Personal Training (1 person): \$75/session (regular rate is \$85/session)
- Partner Training (2 people) : \$112.5/session (regular rate is \$127.5/session)
- Small Group Personal Training (sessions include up to 3 participants): \$22/session (regular rate is \$27.5/session). Individuals join pre-determined sessions with other individuals.
- Note: These rates are subject to change from year-to-year. Please confirm rates with Body & Soul Health & Fitness staff. Note: These rates are subject to change from year-to-year. Please confirm rates with Body & Soul Health & Fitness staff

Bodysculptors Fitness

Qualicum
Beach
225 W. 2nd
Ave

Deanne May or Rob Churchill
bodysculptors@shaw.ca
250-752-5553

- \$45/month no contract or commitment
- Administration fee waived

Cadence Cycling

Vancouver
#106-1529
West 6th
avenue

info@cadencevancouver.com

- \$120/month flex pass, must be purchased in the studio
- 15% discount on all of our other passes
- Employees must present PHSA badge/ valid identification of proof of employment

Charles Jago Northern Sport Centre

Prince George
3333
University
Way

Tania Bopp
tania.bopp@unbc.ca

- \$48.65/month plus tax plus a \$10.00 FOB key fee as of June 2020; minimum payment commitment of 3 monthly dues before you can request to cancel.
- When signing up, Employees must present PHSA ID (with a valid date), e.g. pay stub (you can black out confidential information. A void cheque or banking information will be required if you want to pay monthly through your bank account.

City Centre Health & Fitness

Penticton
247 Martin St.
Kirby Layng
kirby@citycentrefitness.com
250-487-1481

- \$35/month on a 1 year membership, no sign up fee
- \$120 for 3 month membership

City of Surrey Recreation Centres

Surrey
21 different
locations
parksrecculture@surrey.ca

- 25% off purchase of 1 year adult full-facility passes
- Pass is valid for one year following the date of purchase, non-transferable and non-refundable.
- Employees must present a current pay stub (issued within the last 3 months) and government-issued photo ID at time of purchase.

Club 16 Trevor Linden Fitness & She's Fit

7 clubs in BC
Michael Leo
Michael.leo@trevorlindenfitness.com

Corporate Membership for all PHSA staff. Please visit portal: <https://www.trevorlindenfitness.com/corporate-membership-phsa/>

Club Phoenix Health Fitness & Tanning

Victoria
305-895
Langford
Pkwy
Geoff Dawson
geoff@club-phoenix.com
250-920-0300

- 1-year membership \$37/month plus GST
- Pay As You Go membership: \$46/month

CMMN GRND

Vancouver,
121 West 2nd
Ave
info@cmmngrnd.ca
(604)423-9150

- For the PHSA Eight (class package) is discounted to \$160 and the PHSA Ten (class package) is discounted to \$200.
- Anyone interested in purchasing these packages can either call the studio (604)423-9150, email info@cmmngrnd.ca or come in and visit the studio in-person. Please make an account either through MindBody or the website (www.cmmngrnd.ca)

Core Community

Vancouver,
1926 West 4th
Avenue, #103

Alison
info@corecommunity.ca
604-416-2710

- Make a profile online, and then email info@corecommunity.ca and cc' healthpromotion@phsa.ca to receive a 10% corporate discount off classes and private sessions.

Core Fitness

Cranbrook
209 16th Ave

Christie Kennedy
info@corefitnessinc.ca
250-426-7161

- \$40/month for a one year membership.
- 15% off 3 and 6 month memberships.

Dynasty Gym

Vancouver
1449 Homby
Street

Richard Kam
info@dynastygym.com
604-719-7745

- 15% off of all services including; CrossFit, Olympic Weightlifting, Kinstretch, Open Gym and Personal Training Packages.
- Employees can also access a free fitness assessment.
- To access this discount please present ID badge and most recent pay stub at time of registration.

eBody Vancouver

435 Davie
Street
Vancouver BC

hello@ebodyvancouver.com

- 1 class \$28
- 5 classes \$135
- 10 classes \$260
- Create an account on <http://www.ebodyvancouver.com/>. Access the discount by emailing hello@ebodyvancouver.com with your PHSA photo ID and the pricing option you are interested in will be added to your account.

F45

Vancouver
433 W 8th Ave

Joao-Pedro Cardosa Avellar
javellar@f45training.com

- F45 provides 20% their training for all PHSA staff
- To access the discount please contact the Sales Manager, javellar@f45training.com

Fit in 30 Minutes

Vancouver
508 West 6th
Ave

info@fitin30.ca
778-386-4774

- 25% off personal training both private and semi-private packages
- Trial any package for 30 days, start-up appointment is complementary
- Contact Leo or Jesse to set up your discount, leo@fitin30.ca; jesse@fitin30.ca
- Calling is preferred to set up a discount and email to access
- Free or by donation community weekend classes – sign up in the fitin30minutes.com/free-classes

Fitness 2000

Burnaby
9304 Salish
Court

info@fitness200.ca
604-421-4554

- \$35/month with initial \$10 card fee at sign-up
- No enrollment fees
- Email Dave Edmunds for a free 5 day pass before committing

Fitness Excellence

Courtenay
2637 Moray
Place

Celine Leichner
Anthony Senerchi
fitnessexcellence@shaw.ca
250-897-3552

- \$37.95/month on a one year contract
- Initiation fee: \$54.95
- Membership no longer includes classes. However, members get a discount on classes. \$6.50/drop in or \$49.95/12 punch pass for classes.

Fitness Unlimited

Langley
20501 Logan
Avenue

Maple Ridge
20629 119th
Avenue

Theresa LaHay
info@fitnessunlimited.ca
Langley: 604-533-7071
Maple Ridge: 604-465-8955

- Enrollment fee waived on all memberships
- \$5 off monthly dues on 1 or 2 year memberships
- PHSA ID or recent pay stub required

Function Health Club

Vancouver
110-856 Homer
Street

Info@functionhealthclub.com
604-608-2522

- \$74.25 plus tax for 10 session drop in passes for classes Valid for Virtual classes only (\$74.25) due to COVID-19
- Personal Training sessions \$75/session (25% off)
- Recent paystub required or other proof of employment

Fitness World

15 locations
across British
Columbia

David Henderson
604-558-4963

- Up to 20% off bi-weekly dues
- Up to 100% off enrolment fees
- Contact David Henderson at DHenderson@fitnessworld.ca or 604-558-4963 to access discounts.

Global Fitness

Kelowna
1574 Harvey
Avenue

Darcia Fenton
generalmanager@globalfitnesskelowna.com
250-860-6900spin

- Bronze Fitness \$45/month on a 1 year commitment.
- Squash, Racquetball, Fitness classes, Spin, Yoga
- \$45 annual club fee per person
- Tennis & Pickleball has additional court fees
- This rate can also be extended to your household family, and are a member (with proof of residency match).
- Recent paystub required.

Gold's Gym

Langley
19989 81A
Avenue

Dale Moorman
dale@goldsgymbc.ca
Langley & Port Coquitlam inquiries

Port Coquitlam
2099 Lougheed
Highway

Jonathan Nel (Vancouver inquires)
jonathan@goldsgymbc.ca

Vancouver
2155 Allison
Road

Vancouver
709 West
Broadway

- *Due at signing:*
 - \$0 Joining fee
 - \$0 first bi-weekly dues
 - \$20 one time card fee
 - \$59 club enhancement fee (once every year)
 - \$82.95 (includes tax)
- *Bi-Weekly Dues include tax:*
 - 1-year membership @ \$25 bi-weekly
 - 2-year membership @ \$20 bi-weekly
 - Paid in Full= \$599 + tax for 12 months
- *Personal Training benefits:*
 - 1 free personal training session after sign up
 - Monthly follow up with body scan
 - Free quarterly personal training session
 - Personal training package discounts
- Present ID badge, paystub, or verified employee ID number

Prince George
760 Victoria
Street

Lydia or Foster
info@goldsgymprincegeorge.com
250-614-1515

- \$39 initial fee, and \$18.90 (taxes included) bi-weekly dues
- Present ID badge or a recent paystub

Kamloops
906-930 Laval
Crescent,

Sydney Neadow
sydneyneadowgg@gmail.com
250-372-2565

- Offering new rates each month. Please call Sydney Neadow for discounted rates available for PHSA staff
- Present ID badge or a recent paystub

Gym Box

Vancouver
909 W
Broadway

Brenday Ouellet
brenda@gymbox.ca

- Corporate rate \$79.99 Full Access: Towel service, infrared sauna, showers (shampoo, conditioner & body wash), all Gym Box classes & 1 complementary session with a trainer.
- Present ID badge and contact Brenda Ouellet

GymShared

11 locations in
Metro
Vancouver

Riley Abreo
riley@gymshared.com
604-833-4967

- \$9.99 per week unlimited access for all independent gyms per week (no contract)
- Free registration for PHSA employees (\$100 value)
- Register at: <http://gymshared.com/freereg/bc>

Gym 67

Kimberley
97 Spokane
Street

Sophie
sophie@gym67.com
778-481-5267

- 15% off one year memberships, paid in full.

Harbour Dance

Vancouver
927 Granville
St

Moe Brody
info@harbourdance.com
604-684-9542

- PRO rate discounts: 1 hour class for \$14 (usual price \$17) and 1.5 hour class for \$17 (usual price \$20).
- To access the discount call in to pay over the phone or e-transfer.
- Employees must present ID badge at time of registration.

Hustle and Spin Society

Vancouver
229 Kingsway
Street

info@hustleup.ca
604-423-4005

- 15% off any package purchased online or in store.
- Please [create an account](#), and send an email to info@hustleup.ca from your work email to ask to be added to the PHSA group.
- Please let Hustle and Spin Society know that you are a PHSA employee.

iDance Studio

Vancouver
119 West
Broadway

Amanda Hemmaway
idancestudios@gmail.com
604-558-4622

- 20% off 10 and 20 class cards

Innovative Fitness

White Rock
6-3238 King
George Blvd

Amanda Monias
whiterock@innovativefitness.com
604-536-1355

- Free consultation and 1 complementary personal trainer session
- Present employee ID badge

Iron Heart Gym

Vernon
2-5400 24th
Street

Richard Chippendale
rcmotionproductions@hotmail.com
778-212-4766

- \$39.95/month based on a 12 month membership

Kondi Studio

Vancouver
1462 W 8th Ave

info@kondistudio.com
604-724-3782

- Drop in is \$23 + tax
- 5 package is \$115 + tax
- 10 package is \$210 + tax
- 20 package is \$375 + tax
- Unlimited membership (no contract) \$235 + tax

Kyle Lane Personal Training

Vancouver
555 W. 8th Ave.

kylelane.athletes@gmail.com
778-836-5552

- Personal training (1 person): Free assessment and one complimentary training session. 25% off first four sessions (reg. \$70/session)
- Partner training (2 people): 25% off first four sessions (reg. \$110/session)

Lagree West

Vancouver
437 West
Hastings

Stephanie
info@lagreewest.com
604-620-9378

Vancouver
2625 West 4th
Avenue

North
Vancouver
117 East First
Street

- A complimentary first class Note: after taking advantage of the complimentary first class you are no longer eligible for the first timer's special.
- 10% off of 5-pack or 10-packs
- A bulk package of 50 classes at a discounted rate of \$25 a class
- Please bring an ID card as proof of employment

Victoria
546 Yates St

victoria@lagreewest.com

- 10% off 5 packs and 10 packs
- Please use your work email to email victoria@lagreewest.com in order to access the corporate discount.
- New to Lagree West? Access one free class session by creating an account and emailing victoria@lagreewest.com to reserve a spot. You will need your own grip socks and headphone covers, which can be purchased at the studio.

Lifestyle Health & Fitness

Nanaimo
3255
Stephenson
Point Rd.

info@lifestylehealthandfitness.com
250-751-2348

- Corporate Membership Rate
- 2 Year Fixed \$22/Semimonthly
- 2 Year Perpetual \$45/Monthly
- 6 Month Fixed \$329/One-time
- 3 Month Fixed \$169/One-time
- PHSA employees can indicate their identity to our staff when registering as a gym member.

Lifetime Fitness

Salmon Arm
2450 10 Ave
NE

lifetimefitnessltd@gmail.com
250-833-4799

- \$400 for a 1 year membership

Lions MMA

Vancouver
1256 Granville
St.

Paulie
info@lionsmma.ca

- 20% off a regular membership and a free t-shirt
- 20% off punch cards
- \$80/month for kids' classes upon presenting PHSA employee ID
- 25% off family package sign-ups (two or more people including one child and at least one adult)

Live & Lift Ladies Fitness

Prince George
115-770 East
Central St.

info@liveandliftpg.com
250-562-6365

- \$49 initial investment (reg. \$99) and \$42/month on 1 year a including aerobics classes.
- Please have your work ID badge or a recent paystub ready as proof of employment.

Loaded Athletics

Vancouver
1352 Kingsway

info@loadedathletics.com
604-873-4214

- 10% discount on personal training and class packages
- Proof of employment is required at the time of purchase.

Madlab School of Fitness

Vancouver
1980 Clark Dr.

Kelly
dash@madlab.ca

- \$50 off initial 10 personal training sessions
- Proof of employment (ID badge or recent pay stub) necessary

Moda Yoga

<i>Burnaby</i> 4701 Hastings St.	Eric Mathias 604-558-2256 info@mokshayogaburnaby.com	<ul style="list-style-type: none"> - 20% discount with proof of employment applicable to class cards and services
<i>Kelowna</i> 206-2900 Pandosy St.	Jane Howell 778-478-0933 info@mokshayogakelowna.com	<ul style="list-style-type: none"> - 15% off all class cards (5 or 10) and 15% off unlimited monthly memberships. - 5 class card is usually \$90 / with discount is \$76.50 - 10 class card is usually \$160 / with discount is \$136 - A monthly membership is usually \$100 / with discount is \$85 * before tax - The discount needs to be applied in the studio, not online - Proof of employment (ID badge)
<i>Vancouver</i> 2083 Alma St	Laura Crowe 778 320 9642 manager@modoyogavancouver.com	<ul style="list-style-type: none"> - PHSA discount is 15% off a 10 class card, valid with proof of employment - Please fill out this form to create an account in our system, OR, you can go to our website and select My Account (home page, top center) and create an account there. - Once your account is set up, email manager@modoyogavancouver.com to receive the discount

[Movement108](#)

<i>Vancouver</i> 1416 W 8th Ave #100	info@movement108.com 604-737-0030	<ul style="list-style-type: none"> - Employees receive 10% on class packages only drop-in rates, personal training, health/movement/nutrition coaching are not included.
--	--	---

[My Trainer 356](#)

<i>Vancouver</i> 555 West 8th Avenue	mytrainer365@gmail.com 604-813-3073	<ul style="list-style-type: none"> - Personal Training: \$70/session - Partner Training: (2 people) \$100/session - 12 weeks Online Body transformation program: \$299 - Note: each product includes a custom-designed meal plan, 24/7 online support for any specific question or concerns, an exclusive fitness app that allows you to view your workout plan. Gluten-free, vegetarian, vegan, keto, Mediterranean option is available.
--	--	---

[No Limits Fitness](#)

<i>Kamloops</i> 905 8th St.	info@nolimitsfitness.ca	<ul style="list-style-type: none"> - 10% off the annual gym membership, \$69 for Elite and \$30 for Gym.
--------------------------------	--	---

[Oliver Parks & Recreation](#)

<i>Oliver</i> 6359 Park Drive	Natalie Alexander Interim Manager natalie@oliverrecreation.ca 250-498-4985 ext. 201	<ul style="list-style-type: none"> - 20% off 3 and 6 month memberships at the Community Weight Room
-------------------------------------	---	--

Ora Fitness & Yoga

Surrey
15288 54a Ave
#100, Surrey

Karlie Young
karlie@orafitnessandyoga.com
604-773-5702

- \$139/month for 6 month membership, with a one-time fee of \$59 (includes unlimited group fitness, spin, infrared yoga and child-minding)
- 1 week free trial for new members
- Email karlie@orafitnessandyoga.com with PHSA ID badge to access the discount

Orange Theory Fitness

Langley BC
#128 19665
Willowbrook
Dr,

Jas Kandola
studioca022@orangetheoryfitness.ca
604-427-1604

- \$119.00/month for Elite Membership for 8 sessions month
- \$159.00/month for Premier unlimited membership

Orijin Yoga

Vancouver
150-3665
Kingsway

INFO@ORIJINYOGA.COM

- 10% off class packages
- Please present ID badge to the front desk

Original Hot Yoga

Abbotsford
33772
Essendene
Ave

info@originalhotyogaabbotsford.com

- 25% off auto renew packages (\$79 a month for auto renew).
- First month is \$39 for an auto renew package, and the first week is free.

OVERhang Climbing Gym

Prince George
7840 Hwy 16
W,
V2N 6N6

info@overhang.ca
250-563-2547

- Employees and Families receive 15% off memberships and drop ins

Oxygen Yoga & Fitness

60 locations in
BC

hello@oxygenyogafitness.com

- 10% discount on the monthly unlimited Oxygen For Life membership (12 month commitment.
- Please show your employee ID or paystub with supporting government issued ID.

Performance Fitness

Trail, BC
1425 Cedar
Avenue

Mark Slessor
info@performancefitness.net
250-368-5911

- 10% discount off regular adult membership prices
- Please bring ID badge/most recent paystub to access

Planet Fitness (Merritt)

Merritt
1901
Quilchena
Avenue
V1K 1B8

250-378-0307

- 25% off memberships (must commit to a minimum of 6 months - cancellations before 6 months is subject to a \$100 fee). This discount should bring the total monthly payment to approximately \$35 per month (+tax).

PMA Karate

Salmon Arm,
BC
3690 30th St
NE

Holly Raczynski
pmakarate@gmail.com
250-253-2406

- 1 month free trial for all PHSA employees and their immediate family members (\$70 value/person)

Powell River Rec Complex

Powell River
5001 Joyce
Ave

Nyla Ross
nross@cdpr.bc.ca
604-485-8901

- 10 visits - \$52.00
- 30 visits - \$144.20
- 1 month - \$63.65
- 3 month - \$150.50
- 6 month - \$266.25
- 12 month - \$503.50

Prime Personal Training

Vancouver
1762 W 8th Ave.

Alan Kemp
604-732-4884
info@mfit.ca

- Free Initial Health Assessment for those considering personal training.
- \$89 per month
- Corporate semi-private personal training classes
- \$159 (max 4 persons)
- Includes showers and towels
- To access these offers, email info@mfit.ca to request a Prime Personal Training Consult Form

Pure Barre

Vancouver
1907 W. 4th
Avenue

Tanya Schneider
kitsilano@purebarre.com
604-731-2088

- 10% discount off any of the following:
- Pure Lifestyle 12 month membership (unlimited classes)
- Pure Start month to month membership (unlimited classes)
- Pure 8 Pack – 8 classes to use each month
- Pure 4 Pack – 4 classes to use each month (\$69 a month instead of \$129).
- To receive the discount create an online account and email kitsilano@purebarre.com or yaletown@purebarre.com

Vancouver
Yaletown
1128 Homer
St

Richmond Olympic Oval

Richmond
6111 River Rd

Debbie Wang
dwang@richmondoval.ca
778-296-1413

- Adults (19-64) \$59 Senior (65+) \$47 Youth (13-18) \$38 Child (6-12) \$21
- Family members eligible for group rates** » minimum of 8 guest passes per year for your workout buddies
- Free lockers and complimentary fitness consultation
- Eligible for the Loyalty Program
- Free holds up to 4 months per calendar year
- Must provide Proof of employment upon signup. Accept proofs are employment confirmation letter, recent paystub employee ID.
- Family members to qualify for discounted rate will be asked to provide proof of same residency. Accepted proof of residency includes a government issued photo ID with same address.

RVN Wellness

Port Moody
2506 St Johns St

Dawn Slykhuis
dawn@rvnwellness.com
778-883-4933

- 15% off any yoga pass and all yoga retail purchases using the code HEALTHCAREHERO for PHSA employees and their family members

Saltus Athletics

Vancouver
4180 W 4th Ave

Sean Del Ben
sean@saltusathletics.ca

- 15% off monthly memberships for group training programs (for both adult and youth programs (dependents)).
- 15% individual private training sessions (not pre-existing packages).

Seacity Fitness

Vancouver
102-1500 Howe
St

Jackie
Jackie@seacityfitness.com

- 10% off any pass (except for the new client unlimited first month special)
- Please bring an ID badge or recent pay stub to register

Snap Fitness

Chilliwack
101-7900 Evans
Rd.

Jody Crane
chilliwack@snapfitness.com
604-402-3481

- 15% off 12-month membership.
- Waiving of Card fee (\$20 value) and Registration Fee (\$9 dollar value)
- Employees must show PHSA ID cards at time of the sign-up.

Ladner
Unit 5257 - 5201

Kevin Creery
ladnerbc@snapfitness.com

- Discounted monthly rate at \$39.95/month
- First month free
- \$25 access card fee
- Must be 18+ and provide proof of employment

Duncan
2-361 Trans
Canada Hwy

Dominique Matthews
duncanbc@snapfitness.com

- \$49 off Program fees and 10% off monthly dues
- Employees must show PHSA ID cards at time of the sign-up.

Surrey-
Cloverdale
107 16796 64
Ave

cloverdale@snapfitness.com

- Enrollment which includes access card \$35.00
- Monthly dues 39.95 .plus taxes no commitment but 30 days notice to cancel.
- Employee must show PHSA ID cards at the time of sign-up

Spin + Yin

Burnaby, BC
#108 – 1899
Rosser Ave

info@spinandyin.com
604-299-2484

- 10% off the 10 class pass, 20 class pass, 1 month 3 month and 6 month unlimited pass.
- Please bring ID or pay stub along with a second piece of ID

SpinHouse Cycling Studio

South Surrey
Unit #10
16041 24th
Avenue

hello@spinhouse.ca
604-560-5555

- 10% off all regular priced passes
- Please bring ID or paystub to be added to list of members eligible to use the promo code

Surrey
(Fleetwood)
Unit #114
8645 160th
Street

hello.fleetwood@spinhouse.ca
604-590-777

Spin Society

Vancouver
1332 Granville
Street

Dominik Desbois
dominik.desbois@spinsociety.ca
778-870-4484

- 25% off any package purchased online or in store.
- Please create an account (if you do not currently have one), and send an email to sctyhq@spinsociety.ca from your work email to ask to be added to the PHSA group.
- Please let Spin Society know that you are a PHSA employee

North
Vancouver
924 16th
Street West

Squamish Athletic Club

Squamish
37827 Second
Ave

Dom Turgeon
dom@squamishathleticclub.com
604-892-8273

Stretch Vancouver

Vancouver
180 E Pender
St. Vancouver

Kristine Wood
kristine@stretchvancouver.com

- Use code **PHSA15** to receive 15% off purchase of the following regular passes and memberships in-studio and online:
 - Regular Drop-Ins
 - 1 Month Unlimited
 - 12 Months Unlimited
 - 10 Class Card
 - 50 Class Card

Studio B Yoga

Chilliwack
#8 – 45540
Market Way

info@studiobyoga.ca
604-846-5225

- \$79/month for a 12 month contract (option to cancel after 4 months with 1 month notice) or,
- Offer includes immediate family
- Register via the phone or via email

Survivor Fitness Bootcamp

Burnaby
1450 Delta
Ave

Daniela Duva
operations@survivorfitness.com
604-349-4199

- Use code **SBC25** during checkout when purchasing classes online to receive \$25 off at any of 3 locations across the Lower Mainland.

Vancouver
1850 E 3rd
Ave

New
Westminster,
825 McBride
Blvd

SWEAT Vancity

North
Vancouver
130-400
Brooksbank
Ave.

Cecilia Young
info@sweatvancity.com
604-770-0442

- 20% discount on any 10 class or 20 class package
- To access discount, create a profile on mindbody (<http://sweatvancity.com/book-now/> - click 'my account' and then 'create account') and add credit to your file.
- Then email Cecilia Young at info@sweatvancity.com who will add the discounted package.

Tantra Fitness

Vancouver
Gastown
314 Water
Street

Tammy@Tantrafitness.com
604-738-7653

- 25% off (including drop-ins, memberships, and punch cards). The discount cannot be combined with any other promotional offers.
- Show proof of employment (e.g. Employee ID, pay stubs, letter of employment).

Vancouver
Mount
Pleasant
36 East
Broadway

Richmond
1040-9111
Beckwith
Road

The Gym Eternal

Penticton
1100 Main
Street

dqyme01@telus.net
250-490-0901

- BCEHS (EMT professionals) Buy 3 months and get one free

The Sweat Lab

North
Vancouver
1061 Marine
Drive

info@thesweatlab.com

- \$120 /month membership
- 10% off 5, 10, and 20 class passes
- 2 Week Unlimited NEWBIE special - \$49 (available for all first timers)
- 5 class passes - \$112.50
- 10 class passes - \$216
- 20 class passes - \$414
- Present PHSA ID badge or proof of enrolment to access the discount

TWP Fitness Inc. (The Women's Place Fitness)

Kelowna
109-1851
Kirschner
Road

Ashley Munr
info@twppfitness.com
250-762-7255

- \$58/month +tax. No contracts or initiation fees. Requires pre-authorized payments.
- Please provide proof of employment when signing up.

Tight Club Athletics

Vancouver
261 Union
Street

info@tightclubathletics.com
604-620-0209

- Use code phsa2020 for a 10% discount off Livestream and in-studio classes. Please use the promote code through the website and not the mindbody app. on a one time purchase. It can be applied to anything from personal training, to a class, to a membership

Turf

Vancouver
2041 W 4th
Ave

Warren Springer
wspringer@ourturf.com
604-428-9970

- First Class Free. To access;
1. Go to ourturf.com/studiopass
 2. Ensure 'Promotion' is selected in the online store and use promo code: PHSA
 3. Reserve your spot in any of our boxing, strength, dance, or yoga classes (excludes The Class by Taryn Toomey, workshops, and events)

Universal MMA

North
Vancouver
194
Pemberton
Avenue

info@universalmma.com

- 30% off registration fee (includes club t-shirt)
- 20% off standard monthly fees
- 20% off punch cards

Vancouver Parks Board Recreation Centres

Vancouver
23 locations

Email marketing@vancouver.ca
for any questions

- 25% off purchase of a Flexipass
- You can only receive this discount in person at Vancouver Parks Board Recreation Centres
- Please present a photo ID and proof of current employment

Vancouver Pilates Centre

Vancouver
719 West 16th
Ave

Julia Sparrow
Julia@vancouverpilatescentre.com
604-879-2900

- 20% off first purchase
- 10% discount off all other services after first purchase
- Present employee ID badge upon first visit

Vip Fitness & Lifestyle

Vancouver
101-1541 W
Broadway

info@vipfit.ca
778-866-6757

- 15% off transformation + partner packages (e.g. Fascial Stretch Therapy and/or Life Coaching)
- Present employee ID badge upon first visit.

Viva Hot Yoga

Castlegar
201-2030
Columbia
Ave.

Gabrielle Jangula
info@vivasiempre.ca
250-231-5921

- 10% off regular priced passes

VRC Fitness Club

Abbotsford
2814 Gladwin
Rd

Brian Neufeld
604-859-1331

- \$39.99/month (elite membership) on month-to-month basis.
- \$19.99/month (basic membership) to access weight and cardio equipment.

Westcoast Hot Yoga

White Rock
101-1461
Johnston Rd

hello@westcoasthotyoga.ca
(604) 536-3973

- Health heroes discount offered, \$79 +GST/month for an annual contract. and the term is a year, and the rate is \$79 rather than \$119 monthly so
- an annual savings of \$500 per employee. It has been over 12 employees for more than 5 years
- Must bring PHSA employee badge or pay stub

Westside Training

Vancouver
604-763-2414
2520
Columbia
Street

info@westside-training.com
604-763-2414

- 10% off any YEARLY group memberships. All new clients must still take the "Get Started Sessions" before attending unless they have experience in Crossfit. Visit www.crossfitwestside.com for more information.
- Pricing: <https://westside-training.sites.zenplanner.com/sign-up-now.cfm?display=MBRSHPS&categoryId=EE5EE1E5-4280-43FF-B34E-E9D62DAA4209&>
- Group Class link: <https://www.westside-training.com/cf-group-classes>

Willoughby Community Centre

Langley
7888, 200
Street
V3A 3T2

prinfo@tol.ca
604-455-8821

- \$89.69 +GST for 3 month pass with 3 or more employees.
- \$310.80 +GST for 12 month pass with 3 or more employees.
- Please Note: only employees that work in the Township of Langley offices for PHSA are eligible for these discounts at this time.

World Dance Co.

Burnaby
4858 Imperial
St.

Erika
grupoamerica@shaw.ca
604-517-4644

- 20% off all regular-priced fees.
- Ask for Erika in order to receive discount

World Gym

Kelowna
100A-2339
Hwy 97 North
Dilworth
Centre

Vince Walzak
vincewalzak@worldgymkelowna.ca
250-859-1545

- \$35/month for a contract of 1 year or longer (35% off regular rate)
- Contact Vince Walzak to receive discount

West Kelowna
101-1195
Industrial Rd

YMCA

Chilliwack
45844
Hocking Ave.

Hilary Muth
hilary.muth@gv.ymca.ca
604-673-6181

- 10% discount on Adult Membership rate or Plus Membership rate.
- Note: All memberships are subject to a one-time joiner fee: \$50 for Adult and \$75 for Plus Memberships
- Provide proof of employment

Surrey
14988 57 Ave.

Vancouver
955 Burrard
St.

Vancouver
282 West 49th
Ave.

Prince George
2020 Massey
Dr.
Sharon Pepper
myymca@pgymca.com
250-562-9341 ext 105

- 15% off regular fees

YWCA Health & Fitness Centre

Vancouver
535 Hornby
St.

Al Trinidad
atrinidad@ywcavan.org
604-895-5815

- \$58/month for an all-inclusive membership. \$50 joiner fee.
- Note: The joiner fee is waived when 5 or more employees register at the same time.

Yyoga

11 clubs in BC 604-736-6002

- 15% off regularly priced 10-class, 1 month, annual passes and month-to-month membership.
- Please present Yyoga barcode (available in the supplementary pages of this document) at time of purchase.

POTENTIAL DISCOUNTS

The following gym & recreation centres require a minimum number of registered employees to activate their corporate discount offers. If you are interested in any of the offers below, please contact the gym of interest directly.

Anytime Fitness

Nanaimo
50-10th St. anytime.nanaimo@live.ca
250-753-2336

- Discounts are offered on 12 and 18 month terms. Please contact Anytime Fitness Nanaimo directly.
- *A minimum of 5 employees needed to receive discount*

Avid Fitness Centre

Powell River
102-7373 Duncan
St. Tim Wall
avidfit16@gmail.com

- 10% off long term membership rate, based on a minimum of a 1 year membership. Immediate family members are also eligible for the discount.
- 5% off all other rates
- *A minimum of 5 employees needed to receive discount.*

BV Pool & Rec Centre

Smithers
1316 Toronto
St.

Coranne Dohler
cdohler@bypool.com
250-847-4244

- Save 5% off the regular price of an annual membership when 5 or more employees sign up, 10% with 10 or more, and so on up to 25% off.
- This offer is also valid for employees' family members, as long as they are living together and children are under the age of 19.
- All employees must sign up at same time.

Cariboo Memorial Recreation Complex

Williams Lake
525 Proctor
Street

Stacey Miranda
eventhosting@williamslake.ca
250-392-1788

- 6% to 18% discount on 3 month passes, depending on number of registrations.
- *A minimum of 15 employees needed to receive discount*
- Passes include unlimited access to: Drop in fitness & Aquafit classes, fitness centre, pool, wading pool, hot tub, steam room, sauna, public skates, family skates, preschool skates, shinney hockey
- Passes begin Jan. 1, Apr. 1, Jul. 1 and Oct. 1
- The Group Fitness prices are available to anyone who signs up through the Discovery Centre. If you have enough patrons to start your own group, you would be responsible for the collecting of funds and Client information. Anyone who signs up is required to have a registered account.

Concrete Fitness

Williams Lake
101-312
Broadway Ave N,
BC V2G 2Y7

Brian, Centre Manager
250-392-7400

- A minimum of 10 employees need to register (this can include spouses/partners of employees within this number)
- 1 year membership either paid in full or monthly at the same rate as student or senior yearly membership.

Delta Parks, Recreation and Culture Facilities

5 locations in
Delta

park-rec@delta.ca

- 10% off one year memberships
- *A minimum of 10 employees needed to receive discount*

Fit for Women Gym

Surrey
10039 Whalley Blvd

Melita Konn
mkonn@bccancer.bc.ca
(Coordinating signing up 5 or more
PHSA Staff)

- 1-time registration: \$15 (normal rate is \$100)
- Monthly fee (2 years): \$15
- Annual equipment fee: \$50
- A minimum of 5 employees needed to receive discounts

Hot N Cool Yoga

Qualicum Beach
1-675 Fir St.

info@hotncoolyogaclub.com
250-586-4202

- 20 passes for \$195 +tax (\$9.75/visit)

Lillooet and District Recreation Centre

Lillooet
930 Main Street

Megan Kennedy
Office Assistant, Lillooet
REC@lillooetbc.ca
250-256-7527

- 15% discount on 1, 3, 6 and 12 month passes (both individual adult and family passes)
- *A minimum of 3 employees needed to receive discount*

MarVill Fitness

Vancouver
228 W Broadway

Jeanette Martesano
jeanette@marvillfitness.ca
778-847-1431

- Current membership just for PHSA any time, is \$139/Month Regular price \$189.00
- Potential discount if at least 25 employees register will be \$119/month
- Spouses and housemates can register for the discount as well
- Present PHSA badge or proof of employment
- Contact jeanette@marvillfitness.ca to access the discount
- *A minimum of 25 employees needed to receive the discount rate of \$99/month*

Mission Fitness

Kelowna
4105 Gordon
Drive

Alex Miller
alex.miller@capitalnewscentre.com

- 20% off on continuous membership (pre-authorized monthly payment plan with no minimum term required) (\$39.00/month compared to \$49.00).
- Present PHSA badge or identification (business card)
- *A minimum of 5 employees needed to receive discount*

Parkinson Recreation Centre

Kelowna tmoore@kelowna.ca
1800 Parkinson Way 250-469-8800

- 20% off membership. Photo ID required and paystub required.
- *A minimum of 5 employees needed to receive discount*

Port Coquitlam Recreation Centres

Port Coquitlam Recreation Centre
2150 Wilson Avenue Stephanie Campbell
campbells@portcoquitlam.ca
604-927-5222

Hyde Creek Recreation Centre
1379 Laurier Avenue

- \$33/month for unlimited use of weight room, swimming, fitness classes, squash, racquetball and public skating.
- *A minimum of 5 employees need to register at the same time to receive the discount*

Richmond Sport & Fitness

Richmond #150 – 2251 No 5 Road
richmondsportsandfitness@gmail.com
604-276-2295

- The corporate rate is \$25.99+ tax per month and the standard rate is \$31.49 + tax each month.
- To start this corporate membership a paystub or ID badge is required when all employees sign up. There must be 5 or more employees at all times (if numbers drop below 5 there is a 2 week grace period, after which all other members are switched to the standard rate).

UFC Gym

North Vancouver 1989 Marine Dr.
Nina Azimikor
NAzimikor@ufcgyms.ca
604-770-3620

- A minimum of 10 staff are needed to get the following discounts:
- \$0 enrollment on all corporate memberships (savings of \$99-\$199 on joining fees)
- \$39.99 on bi-weekly dues instead of regular rate of \$52.49
- Unlimited access to the gym and all classes
- FREE OFFICIAL UFC GLOVES valued at \$90
- One personal training 1 on 1 coaching session
- FREE limited edition UFC GYM t-shirts