



FITNESS CENTER DISCOUNTS

DMPS EMPLOYEES

Below is list of area fitness centers that may provide discounts for DMPS Employees. Some facilities below do not necessarily offer corporate discounts, but may offer other specials. They are included in this list because of inquiries received about them. This list will be updated quarterly, and is not meant to be all inclusive.

Name of Facility	Location	Discount/Membership Info
Planet Fitness	Des Moines: 3405 SE 14th St Des Moines, IA 50320 Phone: (515) 528-2329 Urbandale: 3771 86th Street Urbandale, IA 50322 Phone: (515)276-2225	Check Website or stop by either facility for information. http://www.planetfitness.com Current: \$10 or \$20 monthly
Blue 365-Healthways Fitness Your Way	Fitness centers in Des Moines area and access nation wide	Check website: https://fitnessyourway.healthways.com/heshome.aspx?planid=WellmarkBCBS for details Must be currently insured with DMPS Wellmark Insurance, Current: \$25 to join, \$25 per month, minimum 3-month commitment,
YMCA of Greater Des Moines	Ankeny, Boone County, John R Grubb, Indianola, Northwest Riverfront, South Suburban, Walnut Creek, Waukee Healthy Living Center Y in Clive, NOT included.	Check website: www.dmyymca.org Check out My Y Rate to help determine your membership cost. It is based solely on the household income. There is no paperwork – it is just a few clicks on the computer to find out what your monthly fee. Click on Join the Y, My Y Rate and answer the 3 questions, the monthly membership rate will be provided. Then, visit any branch of your choice to join. If you haven't visited the website onsite staff can assist you.
Anytime Fitness	Des Moines: 5000 SE 14th St Des Moines (515) 287-0066	Check website for locations: http://anytimefitness.com/gyms/2066/Des-Moines-IA-50320 for info and other specials At the Des Moines Location: Corporate discount is 10% off monthly fee, Enrollment Fee is waived, and you will get 50% off Fab key, for keyless entry to building. All locations independently owned and operated, ask for corporate discount at site of your choice
Kosama-Complete Body Transformation	Des Moines: 1905 Ingersoll Ave #101-103 Des Moines, Iowa 50309 (515) 505-7211 Altoona, Ankeny, Clive, Des Moines, Johnston, Waukee, West Des Moines	Check website: downtown@kosama.com Call and check for offers/discounts
Farrall's Extreme Body Shaping	Des Moines: 2706 Beaver Ave. Des Moines, IA 50310 (515) 255-0095 Altoona, Ankeny, Des Moines, Grimes, Johnston, Urbandale, Waukee, West Des Moines	Check website: www.extremebodys shaping.com Call and check for offers/discounts
Curves	Des Moines, Urbandale and West Des Moines	Check website: www.curves.com Call and check for offers