



SD79 Health & Wellness Newsletter

February, 2019

Hello,

While I'm still compiling information from worksites on types of wellness activities that our staff members would like to have available, overwhelmingly so far has been corporate rates at fitness facilities. Below is a list of those offering rates to SD79 employees. Please show your District ID to receive the rate.

Fit Your Way

Unit 102 – 103, 5301 Chaster Road
Duncan, BC
778-677-3749

- Corporate rate of \$49.00 per month for unlimited classes or \$19.00 per month for lunch crunch classes only.
- Spin Classes, Pilates, Yoga & Meditation, Strength Training classes, Fitness Kickboxing, Step and Zumba.

Harmony Yoga

103 – 360 Duncan Street
Duncan, BC
250-597-1919

- Corporate rate of \$125.00 plus tax for a 10-class punch card or \$13.00 per class drop in rate.
- Two week unlimited pass for \$42.00 to try different classes and find a fit (new members only).

Monkey Bar Gym

101-373 Coronation Avenue
Duncan, BC
250-815-0158

Corporate rate structure is as follows:

- Regular rate is \$131.50 per month. If 5-10 people from the district join, the rate drops to \$90/month; 11-15 people \$80/month; 15+ people \$80/month
- Memberships are based on a one year term and include unlimited classes.

Olympic Fitness

#102 – 5462 Trans Canada Highway
Duncan, BC
250-597-4469

- Corporate rate of \$35.99 per month on a 12 month contract or \$49.95 per month on a 6 month contract. Memberships paid in full are \$116.25 for 3 months, \$191.25 for 6 months and \$326.25 for a full year, which is a 25% discount off regular rates.
- Personal Training discount of 10%.
- Cardio and weights
- Open 24 hours

Snap Fitness

#2 – 361 Trans Canada Highway
Duncan, BC
250-748-0001

- Corporate rate of 50% off the basic sign-up fee (includes facility orientation and fitness assessment) and 5% off the membership of choice.
- Cardio, weights, HIIT classes, Personal Training and Nutritional Counselling
- Open 24 hours

Valley Health & Fitness

#1 – 1400 Cowichan Bay Road
Cobble Hill, BC
250-743-0511

- Corporate rate of \$39.95 per month + GST or \$429.00 per year + GST
- Includes Cardio/Weights/Group Classes (incl. yoga)/Infrared Sauna.

We are also working on a program with the Cowichan Aquatic Centre which would allow staff to pay for a 6 month or 1 year membership by payroll deduction. This would be available for staff in continuing positions only at this time. I'll let you know when this is in place.

Are there other fitness facilities that you would like me to investigate corporate rates at? If so, send me an email at wellness@sd79.bc.ca

Warmly,

Gina Kueber
Health & Wellness Coordinator
Cowichan Valley School District