

Bay County Health Clubs

Name & Address	Phone #	Rates (Please call for current Prices)	Classes	Pool	Food	BRMC Discount	Website Address
Bay Area Family YMCA 111 N. Madison Ave, Bay City, MI 48708	(989) 895-8596	Daily = \$8	Yes	Yes	Yes	Not Available	www.ymcabaycity.org
Bay City Health & Family Fitness 2515 E. Wilder Rd., Bay City, MI 48706	(989) 686-8882 (989) 686-1585	Come in & see Jerry for Pricing Info at Discounted Rate(Open 24/7)	Yes	Not in Facility	Drinks	More people bigger Discount	www.bchff.com
Curves 710 Washington Ave., Bay City, MI 48708	(989) 894-2400	Monthly = \$34 Membership (30 min. Massage - One on One)	No	No	No	Yes	www.curves.com
Curves of Bay City Wilder Road, 3972 E. Wilder Rd., Bay City, MI 48706	(989) 686-3011	Monthly = \$34 Membership (30 min. Massage - One on One)	No	No	No	Wave \$109 fee for Medical Profession	www.curves.com
Delta College Fitness & Recreation Center 1961 Delta Road, University Ctr. MI 48710	(989) 686-9026	Daily = \$5	Yes	Yes	Yes	No	www.delta.edu/campuslife/fitness
New Body Health & Fitness 107 N. Henry St., Bay City, MI 48706	(989) 892-7686	Daily = \$7	No	No	Drinks	Yes (with BRMC I.D.)	No Website
Old Town Gym of Bay City 4435 Raven Lane, Bay City, MI 48706	(989) 686-4491	Daily = \$10	Yes	Yes	Drinks	\$29/Month for 1 Year Membership	www.oldtowngym.com
Work Fitness Studio 906 N. Water St., Bay City, MI 48708	(989) 895-9675	Daily = \$8	Yes				www.workfitnessstudio.com
Curves of Essexville 1604 Woodside Avenue, Essexville MI, 48732	(989) 893-2520	Monthly = \$34 - w/contract \$44 - w/o contract	Yes	No	No	Yes	www.curves.com

HEALTH CLUB REIMBURSEMENT

Health Club Reimbursement guidelines are as follows:

1. Available to employees only. (Interns and Residents)
2. Any fitness facility health club is allowed.
3. Reimbursement of wellness dollars is 50% of membership fee up to \$100.00 per year (January 1st thru December 31st).
4. Reimbursement will be provided for club membership in 3 month, 6 month, or one year intervals.

The following documentation must be presented to Employee Occupational Health Services (EOHS) to utilize your Wellness Dollars for *Health Club* reimbursement:

1. A Health Club Fee Schedule. (No written notes)
2. A dated receipt of membership payment from the Health Club.

Reimbursement of \$100.00 or less will be paid through Cashiers, after obtaining approval and the appropriate petty cash voucher from Employee Occupational Health Services. The time limit for filing a claim under the Wellness Program is six months from the date of services.

PROGRAM REIMBURSEMENT

- Aqua Stretch Class
- Aqua Aerobics Class
- Aqua Jazzercise Class
- Aerobics Class
- Jazzercise Class
- Karate Class
- Pilates
- Tae Kwon Do Class
- Tai Chi
- Yoga