

## Concierge Services Fitness Center Partnerships

Family Deals in Red

Staff Deals in Blue

Concierge Services Contact Info – Phone: 513-636-5009, Email: [concierge@cchmc.org](mailto:concierge@cchmc.org)

**University of Cincinnati – Rec Center** – 820 Bearcat Way, Cincinnati, OH 45221 ~ 513-556-0604

<https://www.uc.edu/campusrec.html>

- Eligible for Campus Recreation Center and for Fitness Center at Care/Crawley (3230 Eden Ave).
- **Discounts:**
  - **Families:** Free daily pass (visit Family Resource Center for details)
  - **Staff:** \$36.66/month
    - Two-week free trial
    - Payroll deduction available
    - Sign-up: <https://www.uc.edu/campusrec/membership.html>
- **Standard Rates:**
  - \$10/day
  - \$45.83/month



**LA Fitness** – 2700 Marburg Ave, Cincinnati, OH 45209 ~ 513-297-1121

<https://www.lafitness.com/>

- **Family Complimentary Passes:**
  - Families from out-of-town are eligible to receive to a limit of four 15-day passes every six months for the Oakley location.



**World Peace Yoga** – 268 Ludlow Ave, Cincinnati, OH 45220 ~ 513-300-9642

<http://www.xn--hert-moa.com/world-peace-yoga/>

- **Family Discounts:**
  - First class: Free!
  - Walk-in pass: \$12
  - 5-class pass: \$54
  - 10-class pass: \$90
- **Standard Rates:**
  - Walk-in pass: \$18
  - 5-class pass: \$72
  - 10-class pass: \$135
- **Class Times:**
  - Hours subject to changes. Please check website before booking.
  - <http://www.xn--hert-moa.com/world-peace-yoga/weekly-schedule/>



**Body Alive Fitness** – <https://bodyalivefitness.com/>

- **Locations:** Oakley, Kenwood, Mason, and Crestview Hills - <https://bodyalivefitness.com/studio-locations/>
- **Family and Staff Discounts:**
  - Unlimited Plan: 1<sup>st</sup> week free, then \$60/month after
  - 10 Class Pass: \$75
  - 25% discount on all merchandise
  - Sign-up: Email [info@bodyalivefitness.com](mailto:info@bodyalivefitness.com) from CCHMC email address
- **Schedule:** <https://bodyalivefitness.com/schedule/>



**HI FI YOGA** – 7900 Mason Montgomery Rd. Mason, OH 45040

<https://www.hifiyoga.com/>



- **Family and Staff Discounts:**
  - 1<sup>st</sup> Class Free – Use Promo Code: **MASONBIZ**
  - 25%-Off 1<sup>st</sup> Month of Unlimited Pass – Use Promo Code: **MASONBIZ1**
- Sign-Up: On website or mobile app

**FITNEXT** – <http://www.cincyfitnext.com/> ~ 513-721-0055

- **Valid Locations:**
  - Downtown: 803 Sycamore St. Cincinnati, OH 45202
  - Montgomery: 9729 Montgomery Rd. Cincinnati, OH 45242
- **Staff Discounts:**
  - \$50/month
  - Includes unlimited personal trainer workouts, group fitness classes, nutrition advising, and monthly progression analysis.
  - Sign-up: contact Cris Smith
    - [criston@cincyfitnext.com](mailto:criston@cincyfitnext.com)



**Greater Cincinnati YMCA** - <https://myy.org/>

- **Locations:** <https://myy.org/locations/>
- **Staff Discounts:**
  - \$50 activation fee
  - Monthly Rates 20% off:
    - Adult: \$49.69
    - Young Professional (18-39): \$36.00
    - Family: \$73.60
    - Single Parent Household: \$65.60
    - Two Adult Household: \$65.60
  - Access to 14 locations throughout Greater Cincinnati and Northern Kentucky
  - Group fitness classes and discounts for swim lessons, sports programs, and summer camps
  - Sign-up: Contact Shelly Spiegel, Director of Membership Development
    - [sspiegel@cincinnatiymca.org](mailto:sspiegel@cincinnatiymca.org)
    - 513-362-2884



**Mayerson Jewish Community Center** – 8485 Ridge Rd. Cincinnati, OH 45236 ~ 513-761-7500

<https://mayersonjcc.org/wellness-rec/>

- **Staff Discounts:**
  - Individual
    - Age 21-29/70+: \$35.70/month + tax
    - Age 30-69: \$47.50/month + tax
  - Couple/Single-Parent Family
    - Age 21-29/70+: \$59.70/month + tax
    - Age 30-69: \$77.70/month + tax
  - Family
    - Age 21-29/70+: \$85.70/month + tax
    - Age 30-69: \$91.70/month + tax
- Sign-up: Contact Justin Ragsdale – Phone: 513-792-5652 / Fax: 513-792-5665



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**Modo Yoga** - <https://modoyoga.com/cincinnati/>

- **Locations:**
  - 3527 Columbia Parkway, Cincinnati, OH 45226
  - 150 W McMillan St. Cincinnati, OH 45219
  - 2428 High St. Ft. Mitchell, KY 41017
- **Staff Discounts:**
  - \$75/month unlimited class pass all 3 studios (standard rate \$109/month)
  - \$50/month unlimited class pass (Clifton only)
  - Sign-up: Register at <https://modoyoga.com/cincinnati/> using code **Care2020**
  - Contact: Leslie Sikes, Community Partnership
    - Phone: 513-252-7812
    - Email: [leslie@modoyogacincinnati.com](mailto:leslie@modoyogacincinnati.com)



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**The Punch House** – 3911 Reading Rd. Cincinnati, OH 45229 ~ 513-692-5123  
<https://www.thepunchhouse.com/>

- **Staff Discounts:**
  - \$65/month for unlimited classes, includes gloves (standard rate \$120/month)
  - Free Fitness Assessments – email to make an appointment
  - Sign-up: Email [thepunchhouse@gmail.com](mailto:thepunchhouse@gmail.com) or call 513-692-5123



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**Pure Barre** – 3083 Madison Rd. Cincinnati, OH 45209 ~ 513-321-5800  
<https://purebarre.com/OH-cincinnati/>

- **Staff Discounts:**
  - \$150/month unlimited package (standard rate \$225/month)
  - 15% off 5, 10, 15, or 20 class packages
  - Sign-up: Call 513-321-5800



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**TriHealth Fitness & Health Pavilion** – 6200 Pfeiffer Rd. Cincinnati, OH 45242  
[TriHealth.com/FitnessPavilion](https://TriHealth.com/FitnessPavilion)

- **Staff Discounts:**
  - \$99.99 + tax one-time enrollment fee
  - \$74/month + tax discounted rate
  - No contracts
  - Sign-up: Contact Michelle Brooker, Supervisor, Member Services
    - Phone: 513-246-2611
    - [Michelle\\_brooker@trihealth.com](mailto:Michelle_brooker@trihealth.com)



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**YWCA Co-Ed Fitness Center** – 898 Walnut St. Cincinnati, OH 45212 ~ 513-361-2116  
<https://www.ywcacincinnati.org/what-we-do/health-and-wellness/>

- **Staff Discounts:**
  - \$50 enrollment fee
  - \$44.60/month (with auto-pay)
  - \$56.75/month (month-to-month)
  - Sign-up: Contact Matthew Wachterhauser
    - Phone: 513-361-2116



**barre3** – 9600 Montgomery Rd. Cincinnati, OH 45242 ~ 513-792-9333

<https://barre3.com/>

- **Staff Discounts:**
  - \$99/month with no commitment to access in-studio classes, outdoor classes, and livestreamed classes, plus other barre3 online resources like workouts, B3 Magazine, and recipes.
- Contact: [montgomery@barre3.com](mailto:montgomery@barre3.com)

**barre3**

**BEAT Personal Training** – <http://www.beatpersonaltraining.com/>

- **Locations:**
  - **Blue Ash:** 7851 Palace Dr. Cincinnati, OH
  - **Oakley:** 4402 Appleton St. Cincinnati, OH
- **Staff Discounts:**
  - 30% off any training packages (show your CCHMC badge upon arrival)



**Shred415 Cincy** – 4781 Red Bank Expressway Cincinnati, OH 45227

<https://shred415.com/locations/redbank/>

- **Staff Discounts:**
  - \$10 Off Monthly Membership (\$149/month instead of \$159/month – show your CCHMC badge upon arrival)



**MyFitness Suites** – 7074 Harrison Ave. Cincinnati, OH 45247

<https://www.myfitnesssuites.com/>

- **Staff Discounts:**
  - 50% off any class
  - Use coupon code **CCHMC1/2SINGLESESSION** at checkout.
  - First time members must sign a waiver prior to attending class.
  - Offer good for one single session class and limited to one per person.



**The Club at Harper's Point** – 8675 E Kemper Rd. Cincinnati, OH 45249 ~ 513-489-9700

<https://www.clubatharperspoint.com/>

**Staff Discounts:**

- \$50 initiation fee
- Monthly Rates: Individual: \$45; Couple: \$75; Family: \$70 for first two, \$10 extra for each additional
- Sign-up: Contact Katie Contardi – 513-489-9700



**Curves** – <https://www.curves.com/>

- Locations: <http://www.curves.com/find-a-club>

**Staff Discounts:**

- \$49 sign-up fee; monthly Rate: \$34/month (12-month check draft agreement)
- Contact: Andrea Debatin – [curvestrenton@yahoo.com](mailto:curvestrenton@yahoo.com)

**Curves**®

**TITLE Boxing Club** – 4879 Princeton Rd. Liberty Township, OH 45011 ~ 513-844-8900

<https://titleboxingclub.com/liberty-township-oh/>

**Staff Discounts:**

- Enrollment fee waived; monthly Rate: \$79.99/month
- Contact: Matt Gregory – 513-844-8900



**Next Level Fitness** – 700 Eastgate S Dr. Cincinnati, OH 45245 ~ 513-843-5940

<http://www.nextlevelcincy.com/>

**Staff Discounts:**

- \$10 off membership enrollment; \$15% off personal training
- Contact: [results@nextlevelcincy.com](mailto:results@nextlevelcincy.com), 513-843-5940



**Five Seasons Family Sports Club** – 345 Thomas More Pkwy. Crestview Hills, KY 41017 ~ 859-341-3687

<http://fiveseasonssportsclub.com/crestviewhills/>

**Staff Discounts:**

- Monthly rates: Individual: \$59; Couple: \$99; Family: \$129
- Contact: Casey Spriggs – [cspriggs@5ssc.com](mailto:cspriggs@5ssc.com), 859-341-3687



**Northern Kentucky University Recreation Center** – Kenton Dr. Highland Heights, KY 41099 ~ 859-572-1964

<https://inside.nku.edu/campusrec/nkurec.html>

**Staff Discounts:**

- 17% off annual membership
- Contact: Membership Services team – [crcmembershipservices@nku.edu](mailto:crcmembershipservices@nku.edu), 859-572-5197



**Silverlake "The Family Place"** – 301 Kenton Lands Rd. Erlanger, KY 41018 ~ 859-426-7777

<https://silverlakefamily.com/>

**Staff Discounts:**

- Enrollment Fee waived. Show ID for discount.
- Discounted monthly rate (12-month terms):
  - \$54/month (single)
  - \$94/month (couple)
  - \$154/month (family)
- Contact: Camille DeVita – [cdevita@silverlakefamily.com](mailto:cdevita@silverlakefamily.com), 859-426-7777



**Lakota Family YMCA** – 6703 Yankee Rd. Liberty Township, OH 45044 ~ 513-779-3917

[www.lakotaymca.com](http://www.lakotaymca.com)

**Staff Discounts:** (show employee ID to receive)

- \$100 Off Joiners/Initiation Fee
- \$70 Off Annual Payment
- Contact: Sara Matchison – [Sara.Matchison@lakotaymca.com](mailto:Sara.Matchison@lakotaymca.com)



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**Western Athletic Club** – 5490 Muddy Creek Rd. Cincinnati, OH 45238 ~ 513-451-4233

<https://www.westerntfc.com/>

**Staff Discounts:**

- Show employee ID upon arrival or visit <https://www.westerntfc.com/3-day-pass> and enter “CCHMC Employee” in the message notes.
- Receive a free 1-month trial membership plus 20% off monthly dues after that.
- Contact: Kirsten Whittemore – [kirstenwhittemore@westerntfc.com](mailto:kirstenwhittemore@westerntfc.com)



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**Mercy HealthPlex – Queen City** – 3131 Queen City Ave. Cincinnati, OH 45238 ~ 513-389-5600

<https://www.mercy.com/locations/fitness-healthplex/cincinnati/mercy-health-queen-city-healthplex>

**Staff Discounts:**

- Show employee ID upon arrival
- Receive 15% off monthly dues.
- Contact: Molly Zielasko – [mzielasko@mercyhealthplex.com](mailto:mzielasko@mercyhealthplex.com)

