



An exclusive Toadal Fitness offer for MCSIG Wellness members

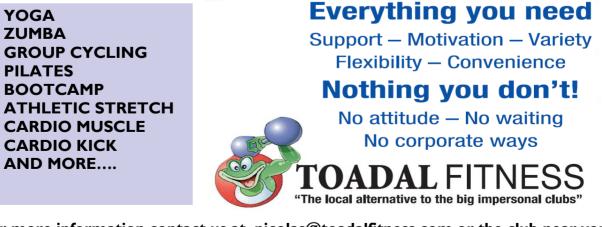
Toadal Fitness is excited to offer MCSIG Wellness members a special offer to achieve their fitness goals:

- Unlimited access to Classes
- Kid care available (West Side, Live Oak and Scotts valley)



HOW TO TAKE ADVANTAGE OF THIS OFFER:

- I. Bring your team member ID to our West Side location and mention this flyer .
- 2. Pick up the plan that fits you best and hop in :)



For more information contact us at nicolas@toadalfitness.com or the club near you

WEST SIDE: 466-3764

LIVE OAK 464-3764

<u>DOWNTOWN</u> 423-3764 <u>APTOS</u> 475-5979 SCOTTS VALLEY

430-9700



2021-22 Fitness Center Discounts

<u>www.mcsig.com</u> (831) 755-0161



Fitness Center	Discount Summary
Show your MCSIG health insurance card to claim your discount.	
Anytime Fitness Morgan Hill, Gilroy, Hollister, Prunedale, Monterey, Salinas, Marina, Aptos, Soledad, Pacific Grove, Carmel-by-the-Sea <u>https://www.anytimefitness.com</u>	MCSIG Joining Fee: \$1 (Single) MCSIG Biweekly Dues: \$18.99 with year contract (Single)
Gold's Gym 935 W Alisal St., Salinas 1510 Del Monte Center, Monterey 120 Westridge Dr., Watsonville 1525 Cushman St., Hollister https://www.goldsgym.com/salinas	2-year agreement: \$0 enrollment \$69 processing fee \$34.99 per month Month to Month: \$0 enrollment \$69 processing fee \$44.99 per month Membership includes access to all locations.
In Shape 1502 N. Main St., Salinas 1040 N. Davis Rd., Salinas, CA 2370 Fremont St., Monterey 1100 41st Ave., Capitola <u>https://www.inshape.com</u>	 20% discount off monthly dues on all available memberships. Corporate Code: MCSIG027 Blue Membership – Single \$23.99 per month \$39.99 enrollment fee Resort Network – Single \$71.99 per month \$99.99 enrollment fee Capitola 1 Club Resort – Single \$55.99 per month \$49.99 enrollment fee Add-ons: 20% discount
Kai Fit (formerly Snap Fitness Salinas) 1128 S. Main St., Salinas <u>https://www.kaifit.net</u>	 50% off 1-time enrollment fee (2) Complimentary Coaching Sessions w/ Wellness Professional Monthly Membership w/no contract: 10% off (autopay) \$39.60 Single \$69.60 Couple Pre-paid Membership (paid in full): \$37 Single \$67 Couple 14-month contract: \$35 Single \$65 Couple

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Kasey's Fitness Academy 423 Broadway St., Studio B, King City https://www.facebook.com/KCFitness	Single Rate: \$0 registration fee - \$50 /month w/autopay - Plus free \$25 class card
Montage Wellness Center 2920 2 nd Ave., Marina 1910 North Davis Rd., Salinas <u>https://www.montagewellnesscenter.com</u>	Marina Location - \$50 Enrollment for MCSIG members - \$78.50 /month for Primary \$57.50/month for Associate Salinas Location: - \$50 Enrollment for MCSIG members - \$66 /month for Primary \$55/month for Associate
Monterey Sports Center 301 Franklin St., Monterey https://monterey.org/city_facilities/monterey_sports_center	1-year agreement Single Rate: \$530
Planet Fitness Salinas 1210 Northridge Mall, Salinas https://www.planetfitness.com/gyms/salinas-ca	 1st month free for all MCSIG members \$22.99/month Black Card Membership – 12-month commitment \$15/month Classic Membership - NO Commitment \$10/month Classic Membership – 12-month commitment \$39 annual fee applies to all 3 memberships
Salinas Family YMCA 117 Clay St., Salinas https://www.centralcoastymca.org	 \$100 Joiner fee is waived for MCSIG members. Adult Rate: \$57/month Family Rate (2 Adults & Children under 18): \$101/month
Seaside Yoga Sanctuary Carmel Plaza (3rd Floor) Ocean & Mission Carmel-by-the-Sea <u>https://seasideyogasanctuary.com</u>	Enrollment Fee: \$0 Drop In: \$15 /session 4 Class Pass: \$48 (Valid for 30 days)
Toadal Fitness 269 Mount Hermon Rd., Scotts Valley 113 Lincoln St., Santa Cruz 618 Bay Ave. Ste. D, Capitola 3004 Mission St., Santa Cruz 6200 Soquel Dr., Aptos https://www.toadalfitness.com/	Enrollment fee: \$0 on 24-month membership (regularly \$49) \$25 on 12-month membership (regularly \$99) \$75 on month to month membership (regularly \$199) Monthly Fee: \$43 or \$49 based on membership type

Consult your physician before starting any diet or exercise program. If you don't see your club listed, ask the club manager if corporate rates are available, then contact MCSIG Wellness Program Manager, Neil Hertsch, at nhertsch@mcsig.com to see if a discount can be arranged. Please go to www.mcsig.com for the most updated list. MCSIG does not endorse or assume responsibility for any of the clubs listed herein and does not pay any portion of the fees.