



ONGOING MONTHLY

Fitness Memberships

YOUTH / SENIOR: \$19*
ADULT: \$29*

NO JOINING FEES!

★ Auto Monthly Renewal



Fitness Memberships Made Easy!

Includes use of the Fitness Room, most fitness classes and open gym activities during scheduled sessions.

Annual Membership

Youth/Senior \$209 • Adult \$319

10-Visit Punch Pass

Youth/Senior \$27 • Adult \$40

20-Visit Punch Pass

Shareable with family on the same account \$80

Activity Drop-in Fees

Fitness Room / Gym / Racquetball:
\$5/visit

Most Fitness Classes Drop-in:
\$5/class

Fitness Room

Open during Tukwila Community Center Hours:

Monday–Thursday, 6:30am–9:00pm

Friday 6:30am–8:00pm

Saturday 8:00am–2:00pm

Sunday 9:00am–1:00pm

Free Senior Time

Tukwila residents (50+) can use the Fitness Room for FREE from 6:30am–12pm on Mon, Wed, & Fri.

Women's Only Fitness Times

Saturday 2:00–3:00pm

Sunday 1:00–2:00pm

Age Requirements

Must be 13 or older. **Under 16** must be accompanied by adult. **Under 18** must complete orientation before using equipment.

Fitness Membership Insurance Partners

Tukwila Parks and Recreation partners with select insurance companies to provide access to a variety of fitness classes and the fitness room at the Tukwila Community Center. Group members of the below partners, please ask the front desk staff to learn how you can participate.

RenewActive[™]
by UnitedHealthcare

Active&Fit
DIRECT[™]

prime[™]

Silver&Fit[™]

SilverSneakers[™]
by Trivium Health

AARP | MedicareComplete[®]
insured through UnitedHealthcare



WORKPLACE WELLNESS PROGRAM

Five Reasons Employee Wellness is Worth the Investment

1. Healthy, active employees incur lower health costs.
2. Employees who take advantage of wellness are more productive.
3. Physically active employees are healthier.
4. Wellness programs inspire important behavior changes.
5. Small business owners may be able to take advantage of tax incentives for workplace wellness programs.

Let us help develop or enhance your work site wellness program! We can customize a low-cost plan that would work for a company of two to two thousand employees. Make an appointment today to learn about our offerings and tour our facility, or we can come directly to your office, staff meeting, or wellness/safety fair.

Email: marlus.francis@tukwilawa.gov

INCLUDED WITH FITNESS MEMBERSHIPS/PASSES *See page 4*

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW	5:30pm 	12pm 	5:30pm 	12pm 		
LUNCHTIME YOGA		12:05–12:55pm Dance Studio		12:05–12:55pm Dance Studio		
	12:00–1:00pm Gym	5:30–6:30pm Gym	12:00–1:00pm Gym	5:30–6:30pm Gym	12:00–1:00pm Gym	8:15–9:15am Gym
POP PILATES				7:10–7:55pm Banquet Hall		
	6:30–7:30pm Dance Studio		6:30–7:30pm Dance Studio			9:30–10:30am Dance Studio
		7:15–8:15pm Dance Studio		7:15–8:15pm Dance Studio		

JAZZERCISE *\$5 / class for pass holders*

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 		7:05–7:50pm Banquet Hall				
DANCE MIXX 	6:05–7:05pm Banquet Hall	6:05–7:05pm Banquet Hall	6:05–7:05pm Banquet Hall	6:05–7:05pm Banquet Hall		

Schedule subject to change. Check www.tukwilawa.gov/athletics-fitness for most current information.