

DISCOUNTED GYM MEMBERSHIPS & CLASSES FOR EMPLOYEES



CARSON TAHOE
HEALTH

When visiting a gym for an employee discount please take your badge and/or paystub for verification, and use your CTH email to sign up.

WELLNESS RESOURCE QR CODE



FITNESS FACILITIES/GYMS

Fitness for Life

Personal Training & Small Group
Training
3 day/week personal training &
nutrition + gym use at \$209/month

Flex Appeal

1101 Steamboat Pkwy Unit 350,
Reno NV 89521
775-852-3539
flexappealreno.com
\$10 off monthly membership

Sports West Athletic Club

1575 S. Virginia Street, Reno NV 89502
775-348-6666

sportswestathleticclub.com

*5 employees to join to receive employee
pricing
Discounted initiation fee (\$25)
Discounted membership rates starting at
\$50/month
FREE Day pass for any employee who
wants to try out gym

Fitness For 10

829 Fairview Dr. 130 Shadow Ln. #2
Carson City, NV 89701 Fernley, NV 89408
775-885-1871 775-980-6910

1925 W. Williams Ave. 1575 E. Lincoln Way
Fallon, NV 89406 Sparks, NV 89434
775-867-3310 775-352-8663

fitnessfor10.com

\$0 enrollment for all monthly plans
\$150 paid in full option for VIP+ plan
(normally \$239)

EMPLOYEE WELLNESS QUESTIONS:

carsontahoe.com/wellness
wellness@carsontahoe.org
(775) 445- 7337

FITNESS FACILITIES/GYMS CONTINUED

Silver Strike CrossFit

3260 Centennial Park Dr.,
Carson City NV 89706
775-720-8304

silverstrikecrossfit.com

\$135 for 1 month, \$300/3
months
FREE nutritional coaching

HOTWORX

6405 S. Virginia St. Suite 3,
Reno NV 89511
775-467-3339

hotworx.net/studio/reno-meadowoodsquare
\$1 enrollment

*\$5-\$15 off monthly membership
FREE class to try out!
carsontahoe24 (discount code)

Fitness for Life

Personal Training Gym &
Hotspot Yoga
195 E. Winnie LN. Carson City,
NV 89706

775-450-4556

personalfitnessforlife.net

\$12/drop in class
\$55/5 class pass
\$100/10 class pass



MARTIAL ARTS/JIU-JITSU:

UFC Gym

4875 Kietzke Lane, Reno NV 89509
775-285-9340

ufcgym.com/locations/reno

Adult Memberships:
\$79/month unlimited classes
\$44/month for fitness
\$0 enrollment fee

Membership rates offered to spouses

Gary Grate Brazilian Jiu-Jitsu

Reno & Carson City
1335 Airmotive Way Reno, NV
89502

301 Hot Springs Rd. #5 Carson
City, NV 89706

bjjreno.com

775-830-4279

\$10 off a monthly membership
FREE WEEK to try out!

I Love Kickboxing

5110 Mae Anne Avenue #704,
Reno NV 89523

775-440-1205

www.ilovekickboxing.com/north-west-reno

Use code ILKBTEAM1 for 3
classes + a set of gloves for \$10

Freestyle Martial Arts Academy

6275 Sharlands Ave #1 Reno, NV 89523

775-746-3888 freestylema.com

20% off monthly membership/ 2-for-1 membership through March 30th, 2024



YOGA/PILATES/BARRE:

Experience Yoga

511 Fairview Dr. Carson City, NV 89701
775-461-6434

www.jordanriver.info

10% membership discount
FREE WEEK to try out!

Pure Barre North, South and Sparks

5110 Mae Anne Ave. Suite 701, Reno NV 89523
748 South Meadows Pkwy Suite A6, Reno NV 89521
2868 Vista Blvd Space 118, Sparks NV 89434

purebarre.com/location/north-reno-nv

Unlimited classes \$99/month

The Studio Reno

1085 S Virginia St.,
Reno NV 89502 PH 775-284-5545

thestudioreno.com/

\$89/month

Yoga Pod Reno

13981 S. Virginia St.
Reno, NV 89511 PH775-420-4663

yogapodreno.com

\$15/drop in class \$150/10 class pass FREE WEEK to try!
New member: \$40 1st & \$99/month after