

Being healthy, fit and active is a little easier with The Alliance's

HEALTHY LIVING DISCOUNTS

We secure the discounts, all enrollees have to do is show their medical ID card to receive savings on a number of services that can help improve their health and wellness.

The Alliance Healthy Living Discounts program provides enrollees with savings at a number of facilities devoted to health and wellness. Discounts vary by provider and all you have to do is show a medical ID card with an Alliance logo to receive savings on pre-approved services.

Savings are offered on a wide variety of services including:

- » Health and fitness centers
- » Yoga studios
- » Nutrition and weight-loss centers
- » Martial Arts studios
- » Massage therapists

The Alliance coordinates the program on behalf of Alliance member organizations and their enrollees. Discounts are not considered a covered benefit or insurance program and participation by a particular business is not an endorsement by The Alliance of that business.

Enrollees are responsible for all enrollment and membership fees associated with any businesses, outside of the stated discount.

Suggestions to the program are always welcome. To suggest a new healthy living resource, call 800.223.4139 x 6653 or visit www.the-alliance.org/healthyliving_nominate.

HEALTHY LIVING DISCOUNTS

Health & Fitness Centers

9 Round Madison- East

20% off all standard membership rates.

www.9round.com

- 4522 E. Washington Ste 5
Madison, WI 53704
608.310.5220

Anytime Fitness

\$0 enrollment fee, 1/2 off Key Fee, Free Group Classes
(Spinning, Yoga, Zumba, and more).

www.anytimefitness.com

- 434 Highway 12
Baraboo, WI 53913
608.356.3633
- 2240 Prairie Ave.
Beloit, WI 53511
608.363.9999
- 203 W. Cottage Grove Rd.
Cottage Grove, WI 53527
608.839.111
- 615 S Main St.
DeForest, WI 53532
608.846.6868
- 2980 Cahill Main
Fitchburg, WI 53711
608.298.9898
- 6250 Nesbitt Rd.
Fitchburg, WI 53719
608.270.9500
- 3023 Milton Ave.
Janesville, WI 53545
608.563.0701
- 2315 W. Court St.
Janesville, WI 53548
608.756.0007
- 1117 N. Sherman Ave.
Madison, WI 53704
608.245.1616
- 515 S. Midvale Blvd.
Madison, WI 53711
608.231.4447
- 1400 Prairie St.
Prairie du Sac, WI 53578
608.643.0777

- 101 West Main St.
Reedsburg, WI 53959
608.524.2444
- 2300 Hwy 51
Stoughton, WI 53589
608.873.7799
- 301 E. Campus Mall
Madison, WI 53715
608.237.2717
- 6420 Cottage Grove Rd.
Madison, WI 53718
608.221.1222
- 5802 Hwy 51
McFarland, WI 53558
608.838.8111
- 1011 N. Gammon Rd.
Middleton, WI 53562
608.836.3131
- 6000 Monona Dr.
Monona, WI 53716
608.222.9699
- 301 6th Ave. West
Monroe, WI 53566
608.325.2222
- 1209 Highway 18 & 151
Mt. Horeb, WI 53572
608.437.7373
- 845 Market St. #2
Oregon, WI 53575
608.835.7200
- 555 Ellen St.
Platteville, WI 53818
608.348.8811
- 2800 New Pinery Rd.
Portage, WI 53901
608.745.0250
- 2071 McCoy Rd.
Sun Prairie, WI 53590
608.834.1222
- 411 Prairie Heights Dr.
Verona, WI 53593
608.497.1266
- 604 E. Main St.
Waunakee, WI 53597
608.849.8998

HEALTHY LIVING DISCOUNTS

Health & Fitness Centers

Brodhead Health & Fitness

Offers members half off of the enrollment fee

www.brodheadfitness.com

- 708 21st St.
Brodhead, WI 53520

Curves- Watertown

Offers members \$100 off of the service fee to join the club and discounted monthly membership of \$29 to join the club. Includes all classes, circuit, and health seminars.

www.curves.com

- 200 W. Main St.
Watertown, WI 53094

Fitness 14

Offers members a 10% discount on fitness membership. Initial discounted rate "lock-in" available.

www.fit14.com

- 110 Richland Square, Hwy 14
Richland Center, WI 53581

Fitness for Success- Waunakee

Discounted \$20 monthly membership fee; employees over 55 years old, \$12/month for a one year contract.

www.fitnessforsuccess.net

- 1004 Quinn Dr. Ste 3
Waunakee, WI 53597

Golds' Gym

Offers \$69 enrollment fee and \$29.99 per month for 24 months (\$400 savings).

www.goldsgym.com

- 6231 McKee Rd.
Fitchburg, WI 53719

Harbor Athletic Club

Offers members the discounted corporate rate for a new or renewed 2-year contract. Additional discounts available if your employer is willing to utilize payroll deduction of fees for several employees.

www.harborathletic.com

- 2529 Allen Blvd.
Middleton, WI 53562

Harmony Zone Fitness

Offers the discounted corporate rate of \$35/month to Alliance members.

- 280 W. Netherwood
Oregon, WI 53575

Hybrid Athletic Club

www.hybridathleticclub.com

10% off membership

10% off nutrition planning services

- 2881 Commerce Park Dr.
Suite B
Fitchburg, WI 53719

Inner Fire Yoga

Eligible for our discounted rate (please contact to verify exact rate).

www.innerfireyogacenter.com

- 5003 University Ave.
Madison, WI 53705

Janesville Athletic Club

Offers members a 2 week free trial membership.

www.janesvilleathleticclub.net

- 1301 Blackbridge Rd
Janesville, WI 53545

Jazzercise Fitness Center

Offers members \$33 per month and no joining fee.

www.jazzercise.com

- 2095 Kerper Blvd
Dubuque, IA 52001

Orange Shoe Gym

Offers a complimentary personal training consultation.

www.orangeshoegym.com

- 6220 Nesbitt Rd.
Madison, WI 53719
- 1 East Main St.
Madison, WI 53703
- 601 Junction Rd
Madison, WI 53717

HEALTHY LIVING DISCOUNTS

Health & Fitness Centers

Prairie Athletic Club

Offers members no enrollment fee and one Personal Training appointment per adult with new membership.

www.prairieathletic.com

- 1010 N. Bird St.
Sun Prairie, WI 53590

Princeton Club

Offers a two week complementary membership (print out coupon for use at both east and west locations).

www.princetonclub.net

- 1726 Eagan Rd.
Madison, WI 53704
- 8080 Watts Rd.
Madison, WI 53719

The Ridge Health & Fitness Center

Offers memberships at the corporate rate (10% off).

- 2900 New Pinery Rd.
Portage, WI 53901

Spartan Fitness

Offers a free week of unlimited classes to any new client.

www.spartaonfit.com

- 5206 Farwell St.
McFarland, WI 53558

Supreme Health & Fitness

Offers members a \$50 discount on a new or renewed 2-year membership and 50% off a 2-week trial membership.

www.supremehealthfitness.com

- 555 Odana Rd.
Madison, WI 53719

Suppz 24 Hour Gym

Offers \$6 off/month for single membership; \$7 off/month for couple membership when using the electronic funds transfer (EFT) payment option.

www.suppzgym.com/fennimore-fitness

- 815 Lincoln Ave.
Fennimore, WI 53809

Swim West

Offers memberships at the corporate rate.

www.swimwest.com

- 1001 Deming Way
Madison, WI 53717

Symons Recreation Complex

Offers members a 10% discount on a family, single parent, and individual annual membership.

www.symonsrec.com

- 1250 Hwy. 14 West (UW-Richland Campus)
Richland Center, WI 53581

Villari's Family Fitness Center

Offers members 10% off 12 month programs, free evaluation and training session.

www.villarireedsburg.com

- 275 Southridge Blvd.
Reedsburg, WI 53959

HEALTHY LIVING DISCOUNTS

Martial Arts Centers

Karate America- McFarland

Offers members 20% off.

- 4705 Dale-Curtain Dr.
McFarland, WI 53558

Karate America- Cottage Grove

Offers members 1 month free on 6 month membership.

www.kaleaders.com

- 316 W. Cottage Grove Rd.
Cottage Grove, WI 53527

Karate America- Verona

Offers members \$89 for 8 weeks of Karate lessons and a new carate uniform and first belt.

www.kaverona.com

- 535 Half Mile Rd.
Verona, WI 53593

Kicks Unlimited

15% discount for services.

www.kicks4middleton.com

- 3170 Deming Way
Middleton, WI 53562

HEALTHY LIVING DISCOUNTS

Massage Services

Back in Harmony

Offers members \$10 off each massage up to 3x per month (full rate after that).

backinharmony.vweb.com

- 437 S. Yellowstone Dr. Ste 105
Madison, WI 53719

Elements Therapeutic Massage

Offers members 20% off massage services. Sessions available for 1 hour, 90 minutes, or 2 hours.

- 1950 Cayuga St.
Middleton, WI 53562
www.elementsmassage.com/middletonwi
- 6317 McKee Rd.
Fitchburg, WI 53719
www.elementsmassage.com/fitchburg

In Balance Massage Therapy

Offers members a 15% off discount.

www.massageinmadison.wordpress.com/

- 715 Hill St. Ste 260
Madison, WI 53705

Indulge Spa

Offers members 15% off any 60 or 90 minute massage. Cannot be combined with any other discount or special offer. Please mention Alliance member when booking appointment.

www.indulgespa.net

- 4339 E. Towne Way
Madison, WI 53704

Kara's Massage Therapy

Offers members \$10 off of your first 1 hour massage or \$5 off your first half hour massage. Must show proof of membership.

www.karasmassage.net

- 687 Lincoln Ave.
Fennimore, WI 53809

Reedsburg Area therapeutic Spa

\$15 off 60 min. or longer session of therapeutic massage (normal \$65 for 1 hour).

www.reedsburgspa.com

- 1104 21st St. Ste. D
Reedsburg, WI 53959

Restore-Renew Massage Therapy LLC

Offers members 15% off, cannot be combined with any other discount or offer.

www.restore-renew.com

- 1001 S. Whitney Way
Madison, WI 53711

The Oasis Salon & Spa

Offers members \$10 off 1 hour massage. Not valid with any other discounts or offers.

www.oasiscreationssalonandspa.com

- 620 South Church St.
Watertown, WI 53719

The Therapeutic Touch

Offers members 10% off any one hour service.

www.thetherapeutictouch.com

- 601 W. Main St.
Lake Geneva, WI 53147

HEALTHY LIVING DISCOUNTS

Misc. Services

Yavitz Eye Center

\$2000 bilateral LASIK eye surgery, regardless of patients' prescription. Includes one year of enhancements, if necessary. Patient payment in full due to Yavitz Eye Center on the day of appointment (testing and surgery performed on the same day).

Procedure is NOT processed as a claim through medical or dental insurance.

www.lasermc.com

- 4105 Perryville Rd.
Loves Park, IL 61111
815.395.8338

Simpli Hearing, LLC

Network of Audiology providers that allows Alliance patients access to hearing aid discounts that are not available to the public. Patients can contact The Alliance or Simpli Hearing, LLC (888-374-6754) to find an Audiology provider near their home to obtain the discounted prices on hearing aids. Prices on different hearing aids and levels of technology are as follows:

	1st Generation	2nd Generation
Mid-level hearing aids	\$1,565.00/aid	\$1,220.00/aid
High-level hearing aids	\$1,765.00/aid	\$1,420.00/aid
Premium level hearing aids	\$1,985.00/aid	\$1,620.00/aid

All come with 1 year warranty, 3 office visits.

Extended warranties are available for all hearing aids at individual provider offices.

A complete list of participating hearing aid manufacturers and hearing aid models will be provided.

www.simplihearing.com

- 1310 Mendota Street
Ste 127
Madison, WI 53714
414.281.8300