



EMPLOYEE SPECIAL

Employee Special Rate

(family members can use this rate if company approves)

MEMBER SERVICES

Hours

Monday - Thursday:

5am - 11pm

Friday:

5am - 10pm

Saturday:

7am - 8pm

Sunday:

8am - 8pm

Core Services

- Free Weights
- Cardio Equipment
- Personal Training
- Complimentary Fitness Assessments
- Group X Classes: Yoga, Kickboxing, Group Cycling & More

Additional Amenities

- Childcare
- Body Composition Testing
- Massage Therapy
- Tanning
- Nutritional Evaluations & Counseling

GOLDSGYM.COM

Group rate, payroll deduct, or company purchase:

# of Mem.	Paid in Full	Monthly
10-24	\$475	\$69/39.99
25+	\$449	\$69/37.99
50+	negotiable	\$69/34.99

GOLD'S GYM.

Multi-Club Membership Includes Access to these 17 Great Locations!

Annandale	6940-A Bradlick Shopping Center, Annandale, VA	703.941.4653
Arlington/Ballston	3910 Wilson Blvd., Arlington, VA	703.516.4653
Arlington/Clarendon	1220 N. Fillmore St., Arlington, VA NEW!	703.879.4200
Arlington/Rosslyn	1830 N. Nash St., Arlington, VA	703.528.4653
Arlington/South	2955 S. Glebe Rd., Arlington, VA	703.683.4653
Bailey's Crossroads	3505 Carlin Springs Rd., Bailey's Crossroads, VA	703.820.4653
Bel Air	802 Bel Air Rd., Bel Air, MD	410.638.9394
Capitol Hill	409 3rd St., SW, Washington DC	202.554.4653
Fairfax	10201 Main St., Fairfax, VA	703.352.4653
Greenbelt	6222 Greenbelt Rd., Greenbelt, MD	301.982.6700
Merrifield	2982 Gallows Rd., Falls Church, VA	703.208.4653
Midtown	1120 20th St., NW, Washington D.C	202.293.4200
Rockville	5520-A Randolph Rd., Rockville, MD	301.230.6540
Rockville Town Center	26 Maryland Ave., Rockville, MD COMING SOON!	301.637.0030
Owings Mills	10221 S. Dolfield Rd., Owings Mills, MD	410.654.5522
Tysons Corner	8371 Leesburg Pike, Vienna, VA	703.893.4653
Van Ness	4310 Connecticut Ave., NW, Washington DC	202.364.4653

Questions about membership? Contact Suzy Holt sholt@goldsgym.com



We are considering a partnership with Gold's Gym to add a corporate wellness program to your benefit package. Those who enroll and renew would enjoy a fitness program at promotional corporate rates. This survey is designed to help Gold's Gym serve you better and to gauge the interest level. ***Please give your feedback and return this form to Paulette L. Jackson.***

Corporate membership privileges include:

- Access to 17 local clubs
- Travel Benefits to 650 Gold's Worldwide
- Stairmasters, Lifecycles, EFX machines
- Variety of circuit & free weight equipment
- Over 100 exercise classes a week
- Spinning, Yoga, Kickboxing & more
- Steam rooms, sauna
- Child care playrooms
- Free Training Session
- Nutritional Evaluations & Counseling

Access to 17 DC Metropolitan clubs is included in membership.

Make inquiries by contacting your Gold's Gym rep. Suzy Holt at 703-243-7191 or sholt@goldsgym.com.

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| Are you currently a Gold's Gym member? | Yes/No |
| Would you consider a wellness program a good company benefit? | Yes/No |
| Would you be interested in a family membership? | Yes/No |
| Are you interested in a healthier less stressful lifestyle? | Yes/No |
| Is about 39.99 monthly a good investment in your health? | Yes/No |
| Would you attend a fitness class or seminar if it were conducted at your site? | Yes/No |

Please indicate your interests: Resistance Training (Toning), Kickboxing, Personal Training, Spinning, Yoga or other group exercise classes.

What is most important to you? **Service, Price, Locations, Results**

Thanks for your participation