



Fitness discounts available to Cleveland Guardians front office team members:

Esporta Fitness:

\$26.99/month

- Statewide Access to every Esporta
- \$0 Enrollment Fee
- No contract
- Use of all wet areas & saunas
- Basketball and racquetball courts
- Statewide Access to every Esporta
- Group classes included
- Unlimited studio cycling

\$29.99/month

- Nationwide Access to every Esporta
- \$0 Enrollment Fee
- No contract
- Use of all wet areas & saunas
- Basketball and racquetball courts
- Group classes included
- Unlimited studio cycling
- Unlimited 2 Guest Privileges with every visit

18 months paid in full for \$312

(Breaks down to about 17/month)

Includes same level access as \$29.99 membership

36 months paid in full

(Breaks down to \$13/month)

Includes same level access as \$29.99 membership

Fit Works [FLYER](#)

Rocky River, Parma, Mentor, Highland Heights, Stow, Downtown Cleveland Prospect Ave.

MONTHLY MEMBERSHIP* starting at \$26.95 (Tax included)

No Enrollment Fee
No Maintenance Fee
No Contract
Must provide ID badge/pay stub for proof of employment.
Cleveland location is open 24/7!

GrooveRyde:

Offering a 15% discount for drop-ins and class packages for Tribe employees (excludes Monthly Unlimited, Student Unlimited & Founders Memberships). Locally owned studios offer a variety of group fitness classes including: Indoor cycling, boot camps, HIIT, boxing, yoga, and barre. Two locations are at the Van Aken District in Shaker Heights and on Chagrin Blvd. in Woodmere. Visit www.grooveryde.com using the promo codes for the discount. In-studio and digital class packs available.

CLE Guardians promo code: GUARDIANS

AO Van Aken promo code: VANAKEN

Inner Bliss Yoga:

Front office subscribers will save 50% on the \$10 per month subscription for 12 months.

Website: <https://innerblissyoga.vhx.tv/>

Promo Code: HOMERUN

Reference provided by Guardians team members, Colleen Lynch

Medical Mutual Husk Marketplace, formerly known as Global Fit Network:

To start, log in or register for “My Health Plan” through www.medmutual.com and look for the *Healthy Living > Fitness* dropdown across the top of the page.

Fitness Discounts and Programs

Fitness can play a vital role in your health and happiness. Having access to practical exercise information and health clubs can help get you on the road to fitness. Medical Mutual has partnered with Husk Wellness to bring you valuable discounts and benefits. Some gyms include Anytime Fitness, Planet Fitness, Club Fitness, and more!

Get Fit and Save

Starting a new health and fitness program never been easier or more affordable. As a Medical Mutual member, you have access to the Husk Marketplace, which offers discounts on:

Gyms and fitness centers – from national chains to specialty studios

Husk Nutrition - evidence-based virtual health and nutrition programs

Home equipment and tech - exclusive equipment and wearable technology

On-demand fitness - all the benefits of group exercise classes in the comfort of your own home

Mental health - connects you with licensed therapists through technology

Click here to learn more marketplace.huskwellness.com/medmutual(opens in a new window)

Have questions? Reach out to Customer Support team at customerservices@huskwellness.com or call 1-800-294-1500.

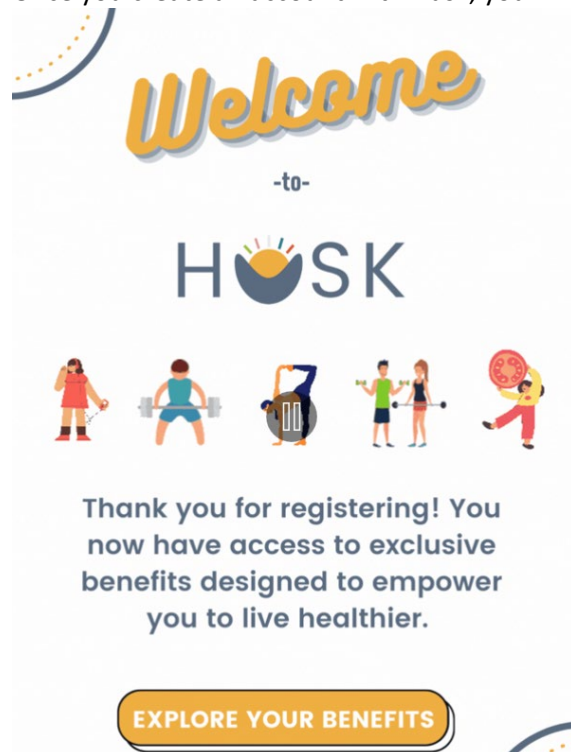
Exercise Precautions

If you are just starting an exercise program, or haven't exercised for a while, it's a good idea to build your activity gradually. There are also certain situations when you should consult with a physician before beginning an exercise routine, such as if you:

- Use tobacco products
- Are age 40 or older
- Have high blood pressure or a history of heart disease
- Are diabetic
- Are more than 20 pounds overweight

These recommendations are for your information only and do not take the place of, nor are intended to substitute for, professional advice from your doctor. Eligibility for services is subject to the specific terms of your benefit plan. Medical Mutual and its Family of Companies have no financial ownership or incentive arrangement for the use of this product(s) or services. These are discount programs, not health plan benefits. Discounts are not guaranteed to be the best deal but are a consistent discount off a standard rate. Programs are subject to change without notice.

Once you create an account with Husk, you will receive a welcome email to get started:



Personal Training from Amber Papi:

As a Certified Trainer, Amber offers a subscription for \$30/month. She features efficient, effective workouts, even if you don't have access to traditional gym equipment.

You can check it out or contact Amber directly at amber@papi-fitness.com

Amber is the spouse of Mike Papi, former Guardians outfielder

Reference provided by Guardians team member, Nicole Studzinski

Planet Fitness:

Classic Membership: \$10.00 per month, 1st month for free, \$39 annual fee, no enrollment & commitment fees | \$117 savings per person

Black Card Membership: \$22.99 per month, 1st month for free, no annual, enrollment, & commitment fees | \$129.99 savings per person

Online Sign Up:

1. Go to <https://www.planetfitness.com/gyms>
2. Select one of the participating locations (see Page 2)
3. Click "Have a Promo Code?" under Plans & Pricing, and select your membership type
 - For Black Card discount, enter the following promo card: **PFCORPFMBC**
 - For Classic discount, enter the following promo code: **PFCORPFM10**
4. Complete membership sign-up details
5. Download the mobile app or visit the club in person to receive your membership card

In Club Sign Up:

[Present this Flyer](#) to front desk staff and ask to join with the above promo codes. Must use promo codes, **PFCORPFMBC** (Black Card) or **PFCORPFM10** (Classic Card).

Tremont Athletic Club, University Circle:

TAC has been voted "Cleveland's Best Gym" by Cleveland Scene, Cleveland Magazine, & Cleveland Hot List since opening our doors in 2014. Please feel free to stop in as a free guest to work out or take a class with no commitment to join. To honor this offer please bring in proof of employment and enjoy a membership at the \$65/month discounted rate (\$90/month regular price). www.tremontathletic.com.

Two locations:

Tremont: 216.400.8205 info@tremontathletic.com 2306 West 17th Street Cleveland

University Circle: 216.862.1395, infoeast@tremontathletic.com 1999 Circle Drive Unit C. Cleveland

Yoga Strong – Cleveland:

Located within walking distance from the Guardians temporary office/bridge location, Yoga Strong offers Heated Yoga, Barre Fitness, Aerial Yoga

Receive the 10 **class pass** for \$117, discounted from \$130. Class pass is good for 6 months from the purchase date. Can purchase in person at the studio by showing Guardians employee ID badge.

Please arrive 15 minutes prior to first class to sign a waiver.

<https://www.yogastrongstudios.com/>

yogastrongstudio@gmail.com

Cleveland: 330-942-4869 (call or text)

1104 Prospect Ave E, Cleveland Ohio 44115

Have an exercise opportunity to share with your team members? Please provide the location, contact information, and offer with Human Resources.

Offers may end without warning due to facility closures and management changes. If you come across a discount that is no longer offered, please let us know.