Inner Bliss Yoga

- Guardians teammates have access to the new On Demand Library! Practice yoga at any time! No need to create an account. Here is the link to follow for access to the On Demand Library:
  - https://www.innerblissyogastudio.com/guardians-classes
  - Password: guardians
- Simply click on the link and enter the password.

Ryze + Grind Fitness

- Offering a 15% discount for drop-ins, class packages, and memberships for all Cleveland Guardians employees and their immediate household family members.
- Located on the eastside of Cleveland directly off the Chagrin Blvd. highway exit at:
  - 27970 Chagrin Blvd., Suite E-201, Woodmere, OH 44122
- RYZE+GRIND Fitness is all about community. We are a true group fitness studio, with something for everyone. Whether you try a bootcamp, cycle class, a bike bootcamp, interval training, weight training, yoga, dance, or Barre, our studio has it all. RYZE+GRIND is a warm, friendly, inclusive environment where you come to work hard, sweat hard, and smile big. We want you and all of our community members to leave with a sense of accomplishment. Feeling better after a class ends than before you walked in. We are more than just a fitness studio: we are a community, a family, a tribe, a clan.
- First class is free to first time customers. Come join us!
- To redeem the exclusive Cleveland Guardians discount code, please visit https://www.ryzeandgrind.com/ and enter discount GOGUARDS15 with your purchase.

Tremont Athletic Club - University Circle

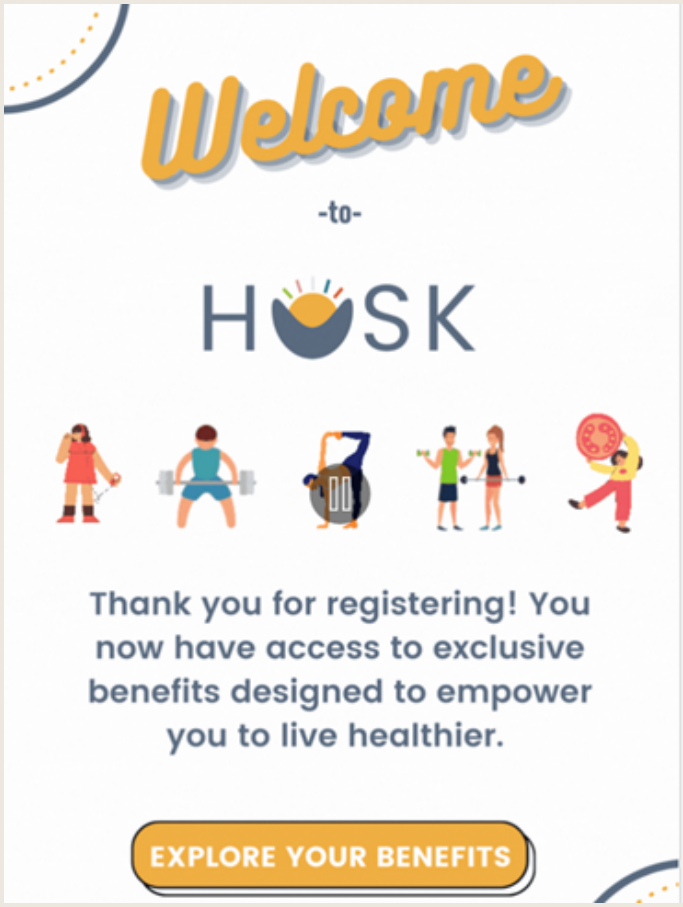
TAC has been voted "Cleveland's Best Gym" by Cleveland Scene, Cleveland Magazine, & Cleveland Hot List since opening our doors in 2014.

- 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 $80/month discounted rate ($86.40 after taxes) vs the $105.00/month ($113.50 after taxes) 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

Medical Mutual Husk Marketplace

Available to Medical Mutual health plan members only

- To start, log in or register for "My Health Plan" through www.medmututal.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!
- 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. Click here to learn more marketplace.huskwellness.com/medmutual(opens in a new window)
- Once you create an account with Husk, you will receive a welcome email to get started.



Have questions?
Reach out to Customer Support team at
customerservices@huskwellness.com
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.

Planet Fitness

WELCOME TO PLANET FITNESS

Planet Fitness is excited to offer a special corporate membership discount to all Cleveland Guardians employees, volunteers, and your family members and friends.

Planet Fitness is the Home of The Judgement Free Zone.

Black Card Membership: $24.99 per month, 1st month for free, no annual, enrollment, & commitment fees

Classic Membership: $15.00 per month, 1st month for free, $49 annual fee, no enrollment & commitment fees

Online Sign Up:

Go to https://www.planetfitness.com/promos/nfplocations-cleveland
Select one of the participating locations
Click "Have a Promo Code?" under "Select a Membership", and select your membership:
For Black Card discount, enter the following promo card: **CLEBC**
For Classic discount, enter the following promo code: **CLE15**
Complete membership sign-up details
Download the Planet Fitness mobile app or visit the club

InClubSign Up:

Please bring this flyer with you and show it to our front desk staff. Our front desk staff will enroll you with **CLEBC** (Black Card) or **CLE15** (Classic Card).

Questions?

Please contact JohnPaul at jpbennett@nfpfit.com and he will assist you.



Have an exercise opportunity to share with your team members?
Please provide the location, contact information, and offer with jbroghammer@cleguardians.com.

Last Updated - April 2026

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.