

Health and Lifestyle Corporate Discounts with AHS and/or student ID

FITNESS		
University of Calgary fitness centre (main campus)	http://www.ucalgary.ca/activeliving/memberships/	All Access Membership: \$34.68 plus tax per semester with student ID
Kinetix (TRW building, FMC campus)	http://www.ucalgary.ca/kinetix/membership	Limited Access Membership (M-F, 5:30-10:30am, 1:00-3:30pm, 6:00-8:30pm): \$100 per year with student ID Unlimited Access Membership: \$504 per year with student ID Short term memberships also available
Crossfit Motivate	http://www.crossfitmotivate.com/albertahealthservices/	~ 10% discount on facility membership and drop-in for AHS employees.
Curves	http://www.curves.com/	Discounted service fee: \$19 and standard monthly dues for AHS employees.
Goodlife Fitness	http://www.goodlifefitness.com/locations/alberta/	All Access Membership: 15% off for AHS employees.
Kensington Fitness	http://www.kensingtonfitness.ca/	No Initiation Fee, \$49 per month , first two months pre-paid, then no contract/cancel anytime for AHS employees.
Mount Royal College Recreation	http://www.mtroyal.ca/CampusServices/Recreation/index.htm	All Memberships and Passes: 10% off for AHS employees (not including programs and courses). E.g. Annual Membership: \$495.90 per year
Spalady	http://www.spalady.ca/	10% off regular memberships for AHS employees.
Talisman Centre	http://www.talismancentre.com/	Platinum Corporate Membership - Adult: \$53/month, \$579/year; Family: \$89/month, \$1019/year for AHS employees. Check website for ongoing promotions.
World Health	http://calgary.worldhealth.ca/	Feature ongoing promotions, and reduced rates with student card (no age cutoff). Talk to Sean Smith at Bay location for more details and an individualized plan.
YMCA	http://www.ymcacalgary.org/index.php?page=calgary_zone_workplace_wellness_program#locations	Corporate Workplace Wellness Rates for AHS employees. Call for more details.

YOGA		
Calgary Studio Listing	http://www.yogacalgary.ca/studio_classes.html	General listing of yoga studios in various city areas. Most offer discounts with student card and/or AHS ID (inquire individually).
Yoga Studios profiled by AHS providing corporate discounts		
Moksha Yoga	http://calgary.mokshayoga.ca/	10% off all passes for AHS employees, and student discounts for all passes (depending on type of fee, student discount may be better – see website).
Pure Hot Yoga	http://www.purehotyoga.ca/	10% off classes and passes for AHS employees, or with valid student card.
Soul Hot Yoga	http://www.soulhotyoga.com/index.html	AHS same as discounted student/senior rate. Inquire individually.
The Yogis Den	http://www.theyogisden.com/	10% off passes (excludes drop in) for AHS employees.