



K-PLUS FOR FITNESS

No matter what kind of physical shape you're in, Kaiser Permanente may have the fitness program that's just right for your lifestyle and budget. It's called K-Plus Fitness, and it's available to our members who enroll in a participating fitness center for the first time.

Because you're a Kaiser Permanente member, you're eligible to receive discounts at participating fitness centers. They offer a wide range of fitness options, including:

- free weights
- aerobics
- cardiovascular machines, and more.

For more information, call one of the fitness centers listed on this flyer. The centers can give you a tour, financial information, and an explanation of their services. You can also call our automated K-Plus Fitness Line at **1-800-234-6985** for a current list of participating fitness centers. To find out more about our K-Plus Fitness and the participating fitness centers, visit our Web site at **members.kp.org**.

Join the thousands of Kaiser Permanente members who already enjoy the advantage of K-Plus Fitness. **Call one of the participating fitness centers today!**

HEALTH CLUBS AND COMMUNITY ORGANIZATIONS PARTICIPATING IN K-PLUS FITNESS

ANTIOCH

Delta Park Athletic Club..... (925) 778-7070

AUBURN

Curves..... (530) 887-9300

BRENTWOOD

Club One at Brentwood..... (925) 755-9111

CARMICHAEL

California Family Fitness (916) 944-2900

California Family Fitness (916) 482-9100

CITRUS HEIGHTS

Willow Creek Health & Racquet Club (916) 961-6171

Curves..... (916) 729-2878

CONCORD

Maverick Sports Club (925) 602-5600

DAVIS

Peak Performance..... (530) 759-7746

The Racquet & Fitness Club of Davis..... (530) 753-5683

DIXON

Curves..... (707) 678-4200

DUBLIN

Fitness 2000..... (925) 828-1234

EL SOBRANTE

Lakeridge Athletic Club (510) 222-2500

ELK GROVE

California Family Fitness (916) 685-5555

Curves..... (916) 686-2878

FAIR OAKS

Curves..... (916) 536-0821

Rollingwood Racquet Club (916) 988-1727

FAIRFIELD

Curves—Fairfield Central..... (707) 434-1111

Solano Athletic Club (East) (707) 422-2858

Solano Athletic Club (West)..... (707) 429-4363

FOLSOM

Curves..... (916) 984-5878

FOSTER CITY

Foster City Athletic Club..... (650) 377-1991

FREMONT

Schoeber's Athletic Club..... (510) 791-6350

(continued on back)

HEALTH CLUBS AND COMMUNITY ORGANIZATIONS PARTICIPATING IN K-PLUS FITNESS

FRESNO

Centerpoint Athletic Club..... (559) 225-3250
GB3—George Brown Sports Club (559) 297-8656

GILROY

Gilroy Health and Fitness..... (405) 848-1234

HAYWARD

Sports Centers (510) 489-8355

LINCOLN

Curves..... (916) 434-2630

MCCLELLAN

California Family Fitness (916) 643-8890

MENLO PARK

Basic Training Fitness Club (650) 853-1778

MILL VALLEY

Mill Valley Health Club and Spa (415) 380-8787

MILPITAS

Milpitas Health and Fitness (408) 946-2151

MODESTO

Modesto Fitness and Racquet..... (209) 571-2582
SOS Club (209) 578-5801

MORGAN HILL

Gold's Gym..... (408) 776-1617

MOUNTAIN VIEW

The Club of Mountain View (650) 969-1783

NAPA

Napa Valley Athletic Club (707) 252-8033

NOVATO

Meridian Rolling Hills Club (415) 897-2185
Nautilus of Marin (415) 898-6457

OAKLAND

Club One (510) 895-1010

ORANGEVALE

California Family Fitness (916) 988-7900

PLEASANT HILL

Pacific Club..... (925) 938-5370

PLEASANTON

Schoeber's Athletic Club..... (925) 463-0950

POLLOCK PINES

Curves..... (530) 647-2878

REDWOOD CITY

Peninsula Covenant
Community Center (650) 364-6272

ROCKLIN

California Family Fitness (916) 315-1414
California Family Fitness (916) 625-9100

ROSEVILLE

Curves..... (916) 783-5001
Curves..... (916) 771-9800
Curves..... (916) 783-2601
Roseville Health and Wellness Center (916) 677-1200

SACRAMENTO

California Family Fitness (916) 339-3800
California Family Fitness (916) 442-9090
California Family Fitness (916) 485-6836
Curves—Arden (916) 482-5925
Curves—Sacramento..... (916) 688-7288
The Del Norte Club (916) 483-5111

SAN FRANCISCO

Cathedral Hill Plaza Athletic Club (415) 292-1741
Club One at Citigroup Center..... (415) 399-1010
Club One at Union Square..... (415) 337-1010
Club One at Yerba Buena (415) 512-1010
Club One of Fillmore Center (415) 749-1010

CLUB ONE OF NOB HILL

(inside the Fairmont Hotel) (415) 834-1010

SAN JOSE

Club One at Almaden Valley (408) 363-1010
Schoeber's Athletic Club..... (408) 629-3333

SAN RAFAEL

Nautilus of Marin 4th Street..... (415) 485-1001

SANTA CLARA

Club One at Silicon Valley..... (408) 266-1010

SANTA ROSA

Curves..... (707) 526-7070
Curves..... (707) 537-9090

FIT Personal Training and
Exercise Center..... (707) 528-BFIT (2348)
Parkpoint Club (707) 578-1640

SAUSALITO

Nautilus of Marin (415) 331-3020

SHINGLE SPRINGS

Millennium Sports Club of El Dorado (530) 677-5705

SOUTH SAN FRANCISCO

Schoeber's Athletic Club..... (650) 873-8500

TURLOCK

Turlock Fitness and Racquet..... (209) 668-3838

VACAVILLE

Gold's Gym..... (707) 447-4653

VALLEJO

Millennium Sports Club (707) 644-7788

WALNUT CREEK

Walnut Creek Sports & Fitness Club..... (925) 932-6400

WINDSOR

Curves..... (707) 838-8070

Services described here are provided on a fee-for-service basis. Discounts vary by facility, please contact the health club directly to obtain information on the specific discount offered at that location. These services are separate from your Health Plan benefits and are not provided or covered by Kaiser Foundation Health Plan, Inc. For specific information about your Health Plan benefits, please see your *Evidence of Coverage*.