



## Healthy@Harris Employee Wellness Fitness Discounts

Below is a list of fitness discounts exclusively for Harris Health System employees and family members.

### 24 Hour Fitness

24 Hour Fitness offers special (month-to-month) pricing to all Harris Health employees and their families. Enrolling is easy! Simply follow the link below and enter the corporate ID to join, or stop in your local club and bring your company ID, badge or paystub and get started! When you sign up, you'll receive a Fit Appointment at your club of choice, FREE!

To join, go to: [www.24hourfitness.com/corporate](http://www.24hourfitness.com/corporate)  
Use corporate ID: 102957

24 Hour Fitness Membership Offers:

- Friendly & experienced staff
- Individual fitness planning & guidance
- Personal Training \*Extra FEE
- Group Exercise classes including Zumba, spin/24cycle, Body Pump & many more
- Cardless entry
- Free fitness tools/newsletters/tips online
- Corporate rate discount applies to friends & Family
- [24GO APP](#)
- Virtual Programs

[Club Location Finder](#)  
[See Flyer](#)

Contact us at [employewellness@harrishealth.org](mailto:employewellness@harrishealth.org); 346-426-1597

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-302-4248 or via email at [HarrisHealth@cigna.com](mailto:HarrisHealth@cigna.com) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.



## Anytime Fitness (Missouri City)

- No enrollment fee & first month free
- 24-hour facility

For more information and to sign up, contact:

- [Missouricitytx@anytimefitness.com](mailto:Missouricitytx@anytimefitness.com) or 281-942-2900
- <https://www.anytimefitness.com/gyms/4321/missouri-city-tx-77459/>
- Address: 3434 FM 1092, Suite 320, Missouri City, TX 77459
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## Cigna Active & Fit Direct

- Available for medical plan members
- \$25 enrollment fee + \$25 monthly
- Access to 8,000+ fitness centers
  
- To sign up, go to: [www.activeandfitdirect.com/fitness/cigna](http://www.activeandfitdirect.com/fitness/cigna)

## Fitbit Employee & Spouse Discount

As an investment in your well-being, Employee Wellness is providing you preferred pricing on one Fitbit Tracker of your choice!

Visit [www.fitbit.com/welcome/harrishealthsystem](http://www.fitbit.com/welcome/harrishealthsystem) to use the discount.

To get started, enter your Employee ID plus HHS as the unique promo code below to access the store. (Ex. 123456HHS)  
For spouses enrolled in the Harris Health Medical Plan, please use the employee's ID, plus SP, followed by HHS. (Ex. 123456SPHHS)

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## Fitbit Friends & Family Discount

Harris Health friends and family have access to discounted Fitbit products.

[Click here to visit the Harris Health Friends and Family Fitbit Marketplace.](#)

To get started, enter your Employee ID + HHSFF as the unique promo code to access the store. (Ex. 123456HHSFF)

Each promo code can be used on up to 5 purchases.  
(After 5 purchases, the code will no longer be active.)

## Flex House

- Free one-week pass and 10% discount off full membership

To get started, contact:

- [info@flexhousefit.com](mailto:info@flexhousefit.com) or 832-674-9291
- Visit [www.flexhousefit.com](http://www.flexhousefit.com) for more info

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## Gold's Gym of Houston

**BASIC:** \$0 Enrollment, Bi Weekly payment \$9, \$49 Start Kit (12-month term)

**WHAT'S INCLUDED**

- Orientation & Start Kit
- Group Fitness
- Cardio & Strength Equipment
- Mobile App

**GOLD:** \$0 Enrollment, Bi Weekly payment \$13.50, \$49 Start Kit (12-month term)

**WHAT'S INCLUDED**

- Orientation & Start Kit
- Group Fitness
- Cardio & Strength Equipment
- Mobile App
- All Club Access
- Play Kids Area
- Guest Privileges

To join, go to <http://tinyurl.com/jhl7h3j>

Use promo code **HCHS**.

You can also sign up onsite at a gym.

## Houston Baptist University (HBU) Bradshaw Fitness Center

- \$45 monthly rate
- \$75 enrollment fee (50% off standard rate)

To sign up, contact membership services: [jkopriva@hbu.edu](mailto:jkopriva@hbu.edu)

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<b>Memorial Athletic Club (MAC)</b>	<ul style="list-style-type: none"><li>• 20% discount on monthly rates</li><li>• Sign up onsite and show badge / business card as proof of employment.</li><li>• \$52/month for single membership; \$72.80/month for couple; \$80/month for family of 3; \$86.40/month for family of 4+</li></ul>
<b>MixFitz Studios</b>	<ul style="list-style-type: none"><li>• Women-only fitness center</li><li>• \$65 monthly rate for unlimited classes</li><li>• \$5 per class for single class purchase.</li></ul> <p>To sign up, go to: <a href="http://www.mixfitzstudios.com/">http://www.mixfitzstudios.com/</a></p>
<b>UTHealth Recreation Center</b>	<ul style="list-style-type: none"><li>• Individual or Spouse: \$33 monthly OR \$84 quarterly OR \$317 yearly</li><li>• Family Package: \$82 monthly OR \$210 quarterly OR \$792 yearly</li></ul> <p>To sign up, go to: <a href="https://www.uth.edu/recreation-center/membership">https://www.uth.edu/recreation-center/membership</a></p>
<b>YogaWorks</b>	<ul style="list-style-type: none"><li>• New Student Special - \$30 for 30 days of unlimited yoga</li><li>• Sign up for Auto Pay membership during the introductory offer and your membership will be \$67.50/month (Regularly priced \$75/month)</li><li>• Sign up onsite and show badge/business card as proof of employment.</li><li>• Sign up for Auto Pay membership after this introductory offer and your membership will be \$89.10/month (Regularly priced \$99/month)</li><li>• 10% off of select class packages/workshops</li></ul> <p>To sign up, visit any location and present your badge. For more information, go to: <a href="https://www.yogaworks.com/">https://www.yogaworks.com/</a></p>

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