Littler Mendelson, P.C. has partnered with UnitedHealth Allies, Equinox, 24-Hour Fitness and LA Fitness to offer membership discounts to Littler employees. Each club offers different levels of membership options, fees and dues. Choose the organization that will work best with your fitness goals. See the attached list to find a location near your office.

You may be eligible for the Wellness Credit even if you participate in programs outside of those offering corporate discounts.



United Health Allies, an affiliate of United Healthcare, provides members with discounts on wellness products and services, including fitness centers. To receive the discounted rate, register at www.unitedhealthallies.com. Click on the Wellness tab and search for vendors by zip code. Clubs include Anytime Fitness, Curves, Bally Total Fitness and Gold's Gym, among others.



Equinox Fitness Clubs offer a comprehensive suite of customized fitness program to engage and motivate you. They provide top level personal trainers, luxurious spas, state of the art equipment, innovative classes, and award-winning design. There is a \$200 upfront fee deducted from your paycheck that will be paid directly to Equinox, thereby reducing your monthly dues for a twelve-month period. Current Equinox members may be able to convert their membership to the Littler corporate rate. To enroll, send an email to chad.emerson@equinoxfitness.com.



www.24hourfitness.com

24-Hour Fitness has 370 clubs nationwide and many clubs are open 24 hours, it's convenient to get a quick workout anytime. You can either pay by the month or prepay your entire dues upfront. And, couples and families are eligible for discounted memberships. Find a club through the 24-Hour Fitness website and enroll at the facility of your choice. When enrolling, tell them Littler's corporate number: 300460CORP. Provide your business card or paycheck stub for proof and you will receive discounted monthly dues off the regular retail rate. You may also enroll online. Go to http://www.24hourfitness.com/corp/littlermend. Enter discount code: 300460. For those employees who are current members, you may reduce your dues or upgrade your membership to the corporate rate at any time during the one year open enrollment period.



www.lafitness.com

LA Fitness offers state-of-the-art equipment, numerous amenities, friendly staff, spacious and inviting Kids Klub. They offer basketball leagues, racquetball tournaments and competitive activities throughout the year. The LA Fitness group fitness program has historically received acclaim for the quality and variety of the classes they offer. From Aqua to Step, from Kickbox Cardio and Indoor Cycling to Yoga. Facilities and amenities vary by location.

If you would be interested in a discounted multi-club membership with LA Fitness please contact the Benefits Hotline at 415.288.6353 to receive your discount voucher. To find a location near you, log into their website at www.lafitness.com.



www.ymca.net

YMCAs are the nation's largest providers of holistic health and well-being programs, from exercise and sports to cultural activities and programs for youth, teens and families. All of America's 2,663 YMCAs offer various programs to meet the needs of their unique communities. For programs and membership fee information at a specific Y, go to www.ymca.net, "Find your YMCA" to search by zip code or city and state.

Due to YMCA's structure, membership and enrollment fees are based on local economics specific to each community.

*Discounted rate is available at San Francisco's Chinatown YMCA.