

**New Hanover/
Hollenbach YMCA**
3065 N. Charlotte Street
Gilbertsville, PA 19525
610-754-7010

Northeast YMCA
11088 Knights Road
Philadelphia, PA 19154
215-632-0100

Phoenixville YMCA
400 East Pothouse Road
Phoenixville, PA 19460
610-933-5861

Pottstown YMCA
724 North Adams Street
Pottstown, PA 19464
610-323-7300

Rocky Run YMCA
1299 W. Baltimore Pike
Media, PA 19063
610-627-9622

Roxborough YMCA
7201 Ridge Avenue
Philadelphia, PA 19128
215-482-3900

Spring Valley YMCA
19 W. Linfield-Trappe Road
Limerick, PA 19468
484-984-2000

Stephen Klein Wellness Center
2108 Cecil B. Moore Avenue
Philadelphia, PA 19121
215-400-2100

Upper Perkiomen Valley YMCA
1399 Quakertown Road
Pennsburg, PA 18073
215-679-9622

West Philadelphia YMCA
5120 Chestnut Street
Philadelphia, PA 19139
215-476-2700


**The Salvation Army
Kroc Center**
4200 Wissahickon Avenue
Philadelphia, PA 19129
215-717-1200

Upper Bucks YMCA
401 Fairview Avenue
Quakertown, PA 18951
215-536-9622

Watts Fitness Studio
2712 N. 5th Street
Philadelphia, PA 19133
215-739-9027

**West Philadelphia
Senior Center (50+)**
1016 N. 41st Street
Philadelphia, PA 19104
215-386-0379

Weston Fitness
1835 Market Street
2nd Floor
Philadelphia, Pa 19103
215-963-2700

 indicates that swimming is offered at the marked location.



Fitness

Learn how else we can help.

Keeping fit is important to your good health. That's why we offer such extra benefits as gym memberships and Weight Watchers®.

For information about any of our fitness-related programs, visit us online at HealthPartnersPlans.com. Or call us anytime at 1-888-477-9800 (TTY 711).



For help with this information, call our 24-hour helpline • Si necesita ayuda con esta información, llámenos a nuestra línea de ayuda disponible las 24 horas • Nếu cần giúp đỡ về thông tin này, hãy gọi số điện thoại trực 24-giờ sau đây của chúng tôi • Если вам нужна помощь относительно этой информации, звоните в нашу круглосуточную справочную службу • 如果對這訊息有疑問，請致電我們的24小時幫助熱線 • ផ្ញើជាទីស្នូល ទទួលបានព័ត៌មាននេះ សូមទំនាក់ទំនងទូរស័ព្ទដែលមានចំពោះ ២៤ម៉ោង តាមរយៈលេខ៖ 1-888-477-9800 (TTY 711)

Getting fit just got easier

Join a gym and take part in Weight Watchers® — a value up to \$1,100 a year! It's one more way we're doing it right.



What can our fitness benefit do for you?

Regular exercise can help you control your weight, strengthen your muscles and help you stay flexible. It can even reduce your risk of getting heart disease, diabetes and certain other health problems. If you're an older adult, exercise can make it easier to do daily activities and can help prevent falls.

The rules are simple.

Health Partners Plans (HPP) members under age 18 need to complete six gym visits within the first three months and pay no fee. HPP members 18 or older need to complete 12 visits within the first three months and pay \$2 per visit.

After completing these required visits, we cover your membership at the fitness center for one year, starting from the date you signed up. You pay nothing for further visits, except for classes or activities not included with your fitness center's membership.

When you sign up, you must also sign an agreement that you will follow the rules and regulations of the fitness center. Once you choose a fitness center, you may not change to a different site for one year. If you do not meet the 6- or 12-visit requirement above, you will have a one-year waiting period before you can sign up again.

Before starting any new fitness program, you should always check with your doctor.

Ready to get started?

Just go to one of the fitness centers listed below and show your HPP member ID card. They will handle the rest.

Aria Health Wellness Center

Wakeling Building
5000 Frankford Avenue
Philadelphia, PA 19124
215-831-2155

10800 Knights Road
Philadelphia, PA 19114
215-612-4576

380 N. Oxford Valley Road
Langhorne, PA 19047
215-949-5369

Center in the Park (55+)


5818 Germantown Avenue
Philadelphia, Pa 19144
215-848-7722

Central Bucks Family YMCA

2500 Lower State Road
Doylestown, PA 18901
215-348-8131

Community YMCA of Eastern Delaware County

 **Lansdowne YMCA**
2110 Garrett Road
Lansdowne, PA 19050
610-259-1661

 **Ridley YMCA**
900 South Avenue
Secane, PA 19018
610-544-1080

Curves

38 W. Germantown Pike
East Norriton, PA 19401
610-239-1300

Fortaleza Fitness Center

133 W. Hunting Park Avenue
Philadelphia, PA 19140
215-455-5370

Germantown Life Enrichment Center

5722 Greene Street
Philadelphia, PA 19144
215-844-3281

Holistic Integrated Wellness Partners

1226 N. 52nd Street, Suite 201
Philadelphia, PA 19131
1-888-446-4241

Juniata Fitness


4401 G Street
Philadelphia, PA 19120
215-289-4200

Kleinlife

10100 Jamison Avenue
Philadelphia, PA 19116
215-698-7300

Lower Bucks Family YMCA

 **Fairless Hills Branch**
601 S. Oxford Valley Road
Fairless Hills, PA 19030
215-949-3400

 **Newtown Branch**
190 S. Sycamore Street
Newtown, PA 18940
215-579-6200

Nirvana Family Fitness


5815 Torresdale Avenue
Philadelphia, PA 19135
215-831-9200

1222 Veterans Highway
Bristol, PA 19007
215-788-8800

Norcom Community Center

10980 Norcom Road
Philadelphia, PA 19154
215-613-1070


North Penn YMCA

 **Indian Valley Branch**
890 Maple Avenue
Harleysville, PA 19438
215-723-3569


 **Lansdale Branch**
608 E. Main Street
Lansdale, PA 19446
215-368-1601


Philadelphia Freedom Valley YMCA

 **Abington YMCA**
1073 Old York Road
Abington, PA 19001
215-884-9622


 **Ambler Area YMCA**
1325 McKean Road
Ambler, PA 19002
215-628-9950




 **Audubon YMCA**
2460 Boulevard of the Generals
West Norriton, PA 19403
610-539-0900

 **Columbia North YMCA**
1400 N. Broad Street
Philadelphia, PA 19121
215-235-6440

 **Boyertown Area YMCA**
301 W. Spring Street
Boyertown, PA 19512
610-369-9622

 **Hatboro YMCA**
440 S. York Road
Hatboro, PA 19040
215-674-4545

 **Christian Street YMCA**
1724 Christian Street
Philadelphia, PA 19146
215-735-5800

 **Haverford Area YMCA**
891 N. Eagle Road
Havertown, PA 19083
610-649-0700