

advantage

# Accessible Fitness.

**Western Health Advantage makes the decision to be active a little easier through gym discounts.** Learn more by visiting a gym or fitness center from the list below [or go online to [mywha.org/gyms](http://mywha.org/gyms) for details on the participating facilities]. When asking about special pricing, corporate discounts or benefits, let them know that you are a Western Health Advantage member and want to take advantage of this member benefit. Be sure to show them your member ID card.

Remember to speak with your doctor before beginning an exercise program.

## ANYTIME FITNESS

see [mywha.org/gyms](http://mywha.org/gyms) for locations

## CALIFORNIA FAMILY FITNESS

[californiafamilyfitness.com](http://californiafamilyfitness.com)

## CROSS COURT ATHLETIC CLUB

[crosscourt.com](http://crosscourt.com)

## CROSSFIT ASAP

see [mywha.org/gyms](http://mywha.org/gyms) for locations

## DAVIS ATHLETIC CLUB

[daconline.com](http://daconline.com)

## IN-SHAPE HEALTH CLUBS, INC.

[inshapeclubs.com](http://inshapeclubs.com)

## SPARE TIME CLUBS

[sparetimeclubs.com](http://sparetimeclubs.com)

Western  
Health  
Advantage



Discover the advantage of gym discounts at [mywha.org/gyms](http://mywha.org/gyms)

learn more: Member Services  
916.563.2250 | 888.563.2250

advantage you