

Eliance Wellness Preferred Partners

Empowering members to achieve their best health.

We recognize that you want options that appeal to your unique desires and goals in your wellness journey. The businesses listed below offer discounts to employees and families who have a Member ID card with the Eliance Health Solutions logo.

Anytime Fitness

221 N. Prince St, Lancaster PA 17603

www.anytimefitness.com

A supportive, welcoming gym community, with people of all fitness levels who want to see you succeed!

24/7 secured access - the most convenient gym on the planet.

Service	Discounted Rate
Enrollment fee	\$0
Membership	\$35.98/month
Free tanning	
Hydro-massage amenities	
2 free fitness consultations	

Box IT Fitness

235 Bloomfield Drive, Suite 105, Lititz, PA 17543

www.boxitfitness.com

A boutique style studio offering a unique, trendy blend of boxing and cutting edge fitness training! A diverse selection of classes, small group, and private training as well as an easy to use fitness app that provides a variety of additional workouts and nutritional guidance.

Service	Discounted Rate
Membership	\$59.00/month

Crossfit Lancaster

3515 Columbia Ave, Lancaster PA 17603

www.crossfitlancaster.com

Providing the location, programming, and coaching you need to get better. The training you will do here will not only make you stronger and faster, physically and mentally, it will give you the confidence you need to improve literally every other aspect of your life.

Service	Discounted Rate
Membership: 3x/week	\$100/month
Membership: unlimited	\$115/month

Curves of Mount Joy

923 East Main Street, Mount Joy, PA 17552

www.facebook.com/curvesempoweredwomen

Studio fitness for women. 30 minute workouts combined with the tools and support needed to reach your goals and set the stage for a healthier, more active future.

Service	Discounted Rate
Registration fee	\$0
Full membership	\$34/month

emPower Training Systems

276 Granite Run Drive, Lancaster, PA 17601

www.empowertrainingsystems.com

Training programs include 3 key areas for success: exercise, nutrition, and mindset. Coaches will motivate, encourage and bring out the best in you.

Service	Discounted Rate
Personal training packages	10% off any package

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Figure Firm Spa

1400 Elm Avenue, Lancaster, PA 17603

www.figurefirmfitness.com

Lancaster's premier full service fitness facility for women. Specializing and caring for women's fitness for over 30 years and dedicated to offering a warm welcome and personalized support.

Service	Discounted Rate
1 year membership	\$25/month
Enrollment Fee	0

Formula Fitness

2495 Lincoln Highway E, Lancaster, PA 17602

www.goformulafitness.com

A non intimidating fitness environment where everyone can feel comfortable.

Free fitness evaluations, free individualized exercise programs, over 40 group fitness classes, large cardiovascular area, cardio theater, large selection of free weights.

Service	Discounted Rate
Membership	\$12.99/month

FORTIUS

2078 Bennett Ave, Lancaster, PA 17601

www.fortiusstrong.com

Premier training and rehabilitation facility with a mission to optimize movement and focus on enhancing performance. For Life. Classes include; Olympic weightlifting, Powerlifting, Pilates, Tai Chi, and more!

Service	Discounted Rate
Unlimited classes	\$139/month
3 classes/week	\$119/month
2 classes/week	\$99/month
Quick Fit Package	\$80 for 10 classes

Mmaxout Madness

22 Denver Road, Denver, PA 17517

www.mmaxoutmadness.com

Offers a wide array of high and low impact class choices that combine the best elements of highly functional exercises, overall strength & core conditioning, cardio kickboxing, MMA drills, heavy bag work (kicks and punches), along with many other proven techniques.

Service	Discounted Rate
Individual Unlimited Membership	\$48/month
2 or more household membership	\$45/month
8 class punchcard	\$45

New York Fitness Clubs

Various locations - Lebanon, Palmyra, Elizabethtown

www.newyorkfitnessclubs.com

Bright, modern fitness centers offer all the amenities you'd expect to find in larger gyms, but in friendly, hassle-free environment that welcomes members of all ages and abilities.

Service	Discounted Rate
Startup fee (Plan A)	\$99 or less
Startup fee (Liberty Card)	\$49 or less

**If start up fee is on special, you will receive the lowest rate possible.*

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OrangeTheory Fitness

1655 Lititz Pike, Lancaster, PA 17601

www.orangetheoryfitness.com

60-minute workout sessions split into intervals of cardiovascular and strength training with heart rate monitor to track intensity and maximize metabolic burn. Geared towards all levels of fitness - it's a group workout with the attention of an experienced personal coach.

Service	Discounted Rate
Elite membership (8x/month)	\$89/month
Premier membership (unlimited)	\$149/month

Peak Indoor Cycling

1180 Erbs Quarry Rd, Suite 3, Lititz, PA 17543

www.peakindoorcycling.com

Indoor cycling evolved! The "RealRyder" bikes move with you - eliminates the unnatural stresses on your body that occur with a stationary bike, and increases muscle movement through 3 planes of movement. Enjoy a new indoor cycling class experience!

Service	Discounted Rate
Unlimited Gold Member	\$99/month
3 classes/week Silver Member	\$69/month
2 classes/week Bronze Member	\$49/month

Power Train Sports and Fitness

Various locations

www.powertrainsports.com

Power Train trains aspiring and established professional athletes, high school and collegiate athletes and motivated adults of all ages and abilities.

Service	Discounted Rate
Personal Training	
2x/week	\$179/month
3x/week	\$224/month
4x/week	\$269/month

The Dailey Method

309 Hockersville Road, Hershey, PA 17033

www.thedaileymethod.com

Combining the best of pilates, cycle, core conditioning, and ballet barre training, our classes are an ever-evolving mix of movement that offer extreme benefits for the body and mind.

Service	Discounted Rate
Dailey 5 - 5 classes per month	\$89/month (3 mo. contract) \$75/month (1 year contract)
Dailey Cycle - unlimited classes	\$129/month (3 mo. contract) \$119/month (1 year contract)
Dailey Barre - unlimited classes	\$129/month (3 mo. contract) \$119/month (1 year contract)
Dailey Barre & Cycle - unlimited	\$139/month (3 mo. contract) \$129/month (1 year contract)

Vital Tree Yoga

137 West Market Street, Marietta, PA 17547

www.vitaltreevinyasa.com

Vinyasa based yoga studio with a mission to provide affordable superior quality yoga. Classes include gentle yoga, vinyasa yoga, yoga basics, and barre class sessions.

Service	Discounted Rate
Single Class	\$12
5 Class Card	\$55.25
10 Class Card	\$102
20 Class Card	\$185
Auto-Renew Monthly Unlimited	\$68

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Willow Yoga

25 Nolt Avenue, Willow Street, PA 17548

www.willow yogastudio.com

From a free introductory workshop to Power Hour yoga – with Chair Yoga, Slow Flow and others in between – Willow Yoga has class offerings that will help anyone, regardless of size, shape, gender or age.

Service	Discounted Rate
Single Class	\$12
10 Class Card	\$90
Monthly Unlimited	\$60
3 Month Unlimited	\$150

Connect Your Center!

If your fitness center is not on this list and they express interest in joining the Eliance Preferred Partners List, they can contact us directly at: SM-CorporateHealth@lghealth.org