

**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

 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 / ដើម្បីជាជំនួយក្នុងការទទួលបានព័ត៌មាននេះ សូមទាក់ទងតាមទូរស័ព្ទដែលមានបម្រើសេវាកម្ម24ម៉ោង 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.



**Health Partners Plans**

## 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 Ave  
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

1402 W. Street Road  
Warminster Pa 18974  
215-444-0799

### 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


### 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

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

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

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

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

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