

# Duke Fitness Club

## Exercising Your Options

Updated as of 07/20/2023 - FOR MORE INFORMATION, GO TO: [WWW.HR.DUKE.EDU/FITNESS](http://WWW.HR.DUKE.EDU/FITNESS)

<p><b><u>Wilson and Brodie Recreation Centers</u></b>  <b>Location:</b> Wilson, West Campus and Brodie, East Campus  <b>Phone:</b> 919-684-5696 and 919-613-7538</p> <p><b><u>Membership Rate</u></b>            (Includes access to both facilities)  <i>Individual \$27.50 /month **</i>  <i>Note: This rate will increase by \$1.00 per year</i>  <i>** Only individual memberships are only available through the DFC.</i></p>	<p><b><u>WELLBEATS</u></b>  <i>Online Streaming Fitness Classes</i></p> <p><b>Unlimited use at your convenience</b>            \$5.00/month</p>
<p><b><u>Fuel Fitness</u></b>  <b>Location:</b> Durham <b>Phone:</b> 919-544-9000</p> <p><b><u>Membership Rates</u></b>  <i>Single \$31.00/month</i>  <i>Couple \$53.00/month</i>  <i>Family \$75.00/month</i>  <b>NEW! AMP All Access \$99.00/month or \$149 for Couple</b></p>	<p><b><u>PRIME Athletic and Fitness Training Institute</u></b>  <b>Location:</b> Durham <b>Phone:</b> 919-908-6061</p> <p><b><u>Membership Rates</u></b>  <i>*Enrollment fee: \$30.00 (one) or \$75.00 (2+ individuals)</i>  <i>Diamond - \$49.99</i>  <i>Gold - \$29.99</i>  <i>Bronze - \$19.99</i></p>
<p><b><u>Duke Health and Fitness Center</u></b>  <b>Locations:</b> Durham <b>Phone:</b> 919-660-6660</p> <p><b><u>Membership Rates:</u></b>  <i>Duke Employee/Retiree:</i>  <i>Clinical \$64/month or Standard \$54/month</i>  <i>Family Rates*:</i>  <i>Family Rate for Members: Clinical \$59/month or Standard \$54/month</i>  <i>Family Rate for Non-Members: Clinical \$74/month or Standard \$64/month</i>  <i>Afternoon delight rates (M-F 12-4pm, all day Sat. &amp; Sun.):</i>  <i>Clinical \$50/month or Standard \$40/month</i>  <i>*Family Rates do not apply to Afternoon Memberships</i></p> <p>\$100 initiation fee for one new member, \$150 initiation fee for two new members, \$200 initiation fee for 3+ new members  <i>*Family rate options only available for each individual family member after main Duke Employee/Retiree (not available for Afternoon Delight members)</i></p>	<p><b><u>Levin Jewish Community Center of Durham</u></b>  <b>Location:</b> Durham <b>Phone:</b> 919-354-4936</p> <p><b><u>Membership Rates</u></b>  <i>Individual \$60.00/month</i>  <i>Couple \$87.00/month</i>  <i>Family \$107.00/month</i>  <i>Single Parent, One dependent \$73.00/month</i>  <i>Single Parent, Two or more dependents \$78.00/month</i>  <i>Senior individual (70+ yrs.) \$52.00/month</i>  <i>Senior Couple (70+ yrs.) \$73.00/month</i>  <i>Young Adult (14-28 yrs.) \$40.00/month</i></p>
<p><b><u>Bodyworx Aerobic and Fitness Center</u></b>  <b>Location:</b> Oxford <b>Phone:</b> 919-693-6826</p> <p><b><u>Membership Rates</u></b>  <i>Individual \$28.00/month</i></p>	<p><b><u>HealthTrax Fitness</u></b>  <b>Location:</b> Raleigh <b>Phone:</b> 919-847-2393</p> <p><b><u>Membership Rates</u></b>  <i>*All memberships include a \$49.00 enrollment fee.</i>  <i>Individual \$39.00/month</i>  <i>Couple \$59.00/month</i>  <i>Family \$69.00/month</i></p>
<p><b><u>Millennium Sports Club</u></b>  <b>Location:</b> Durham <b>Phone:</b> 919-384-1992</p> <p><b><u>Membership Rates</u></b>  <i>Single \$36.00/month</i>  <i>Couple \$69.00/month</i>  <i>Family \$102/month</i></p>	<p><b><u>Total Fitness</u></b>  <b>Location:</b> Roxboro <b>Phone:</b> 336-599-5033</p> <p><b><u>Membership Rates</u></b>  <i>Single \$28.00/month</i>  <i>Couple \$53.00/month</i>  <i>Family \$78.00/month</i></p>

**Orange County SportsPlex**

**Location:** Hillsborough **Phone:** 919-644-0339

**Membership Rates**

\*All month to month memberships include a \$49.00 enrollment fee

\*Enrollment fee waived by paying 12 months in advance

**Platinum Membership**

Single \$48.49/month **\$581.88**

Parent/Dependent Child \$54.09/month **\$649.08**

Parent/Second Dependent Child \$57.59/month **\$691.08**

Couple \$57.59/month **\$691.08**

Family \$69.49/month **\$833.88**

*\*Platinum Membership includes Fitness, Cardio Center,  
Group  
Exercise Classes, Water Aerobics, Aquatics Center and Public  
Skate.*

**Gold Membership**

Single \$35.89/month **\$430.68**

Parent/Dependent Child \$42.89/month **\$514.68**

Parent/Second Dependent Child \$50.59/month

**\$607.08**

Couple \$50.59/month **\$607.08**

Family \$56.89/month **\$682.68**

Senior Single \$27.99/month **\$346.68**

Senior Couple \$40.99/month **\$491.88**

**O2 Fitness**

**Locations:** Cary- Preston Walk; Raleigh- Seaboard Station, Falls of the Neuse, Brennan Station; Wake Forest  
Durham- University Hill; Chapel Hill/Carrboro- North Chatham, Elliot Road, Downtown Carrboro  
Fuquay-Varina- Fuquay Crossing  
(included but not listed: Wilmington, NC and all SC locations)

**Membership Rates**

\*Kid's Club is for age 6 months to 11 years, included at no charge.

Members are anyone ages 12 and up accessing the facility.

Anyone with a member under age 12 must select a membership which includes Kid's Club

Enrollment Fee- \$25.00

**1 Member - \$53.00**

**2 Members - \$83.00**

**3 Members - \$103.00**

**4 Members - \$123.00**

**5 Members - \$143.00**

**6 Members - \$163.00**

**7 Members - \$183.00**

**1 Member with Kid's Club\* - \$53.00**

**2 Members with Kid's Club\* - \$83.00**

**3 Members with Kid's Club\* - \$103.00**

**4 Members with Kid's Club\* - \$123.00**

**5 Members with Kid's Club\* - \$143.00**

**6 Members with Kid's Club\* - \$163.00**

**7 Members with Kid's Club - \$183.00**

**Life Time Fitness**

**Locations:** Apex, Cary & Raleigh

**Membership Rates**

\*\$0.00 Enrollment fee, no update fees

At age 14, children are an "Adult" and will count as an adult in addition to adults existing on a membership.

An 18-year-old dependent may join as a 1 Adult (age 26 and under) if the employee/caregiver is not on the membership, but is using the benefit to pay for the membership for the eligible dependent.

**Signature Membership**

<b>Location</b>	<b>1 Adult</b>	<b>2 Adults</b>	<b>3 Adults</b>	<b>4+ Adults</b>	<b>13 &amp; Under (Dependent)</b>	<b>26 &amp; Under (Dependent)</b>	<b>Senior</b>
Apex, NC	\$ 82	\$ 132	\$ 162	\$ 182	\$ 20	\$ 62	\$ 62
Cary, NC	\$ 152	\$ 232	\$ 272	\$ 312	\$ 40	\$ 132	\$ 132
Raleigh, NC	\$ 152	\$ 232	\$ 272	\$ 312	\$ 40	\$ 132	\$ 132

# YMCA of the Triangle

<p><b>*Durham Branch</b> (<i>Downtown Durham**</i>, Hope Valley Farms, American Tobacco, Lakewood) <i>**Downtown Durham closing in 2023</i></p> <p>1 Young Adult (ages 18 to 28): \$49.54 1 Young Adult w/dep: \$63.14 2 Young Adults: \$98.10 2 Yng. Adults w/dep: \$110.16 1 Adult (ages 29 to 64): \$56.43 1 Adult w/dep: \$70.04 2 Adults: \$111.18 2 Adults w/dep: \$121.52 3 Adults: \$164.37 3 Adults w/dep: \$170.85 Senior (ages 65 and up): \$49.94 1 Senior w/dep: \$62.83 2 Seniors: \$98.88 2 Seniors w/dep: \$109.63</p>	<p><b>**Raleigh Branch</b> (Taylor Family, Kerr, A.E. Finley, Kraft, Northwest Cary, Knightdale)</p> <p>1 Young Adult (ages 18 to 28): \$45.11 1 Young Adult w/dep: \$67.84 2 Young Adults: \$90.22 2 Yng. Adults w/dep: \$112.24 1 Adult (ages 29 to 64): \$54.55 1 Adult w/dep: \$77.71 2 Adults: \$109.09 2 Adults w/dep: \$123.81 3 Adults: \$157.51 3 Adults w/dep: \$175.07 Senior (ages 65 and up): \$48.97 1 Senior w/dep: \$69.77 2 Seniors: \$97.94 2 Seniors w/dep: \$111.44</p>	<p><b>**Alexander &amp; Poyner</b> (Downtown Raleigh)</p> <p>1 Young Adult (ages 18 to 28): \$49.54 1 Young Adult w/dep: \$63.14 2 Young Adults: \$98.10 2 Young Adult w/dep: \$110.16 1 Adult (ages 29 to 64): \$56.43 1 Adult w/dep: \$70.04 2 Adults: \$111.18 2 Adults w/dep: \$121.52 3 Adults: \$164.37 3 Adults w/dep: \$170.85 Senior (ages 65 and up): \$49.94 1 Senior w/dep: \$62.83 2 Seniors: \$98.88 2 Seniors w/dep: \$109.63</p>
<p><b>Chapel Hill</b></p> <p>1 Young Adult (ages 18 to 28): \$45.11 1 Young Adult w/dep: \$63.88 2 Young Adult: \$90.22 2 Young Adult w/dep: \$111.14 1 Adult (ages 29 to 64): \$54.55 1 Adult w/dep: \$74.07 2 Adults: \$109.09 2 Adults w/dep: \$123.81 3 Adults: \$157.50 3 Adults w/dep: \$175.07 Senior (ages 65 and up): \$48.97 1 Senior w/dep: \$66.91 2 Seniors: \$97.94 2 Seniors w/dep: \$111.44</p>	<p><b>*Poole Family</b></p> <p>1 Young Adult (ages 18 to 28): \$39.78 1 Young Adult w/dep: \$61.62 1 Young Adults: \$79.54 2 Yng. Adults w/dep: \$101.81 1 Adult (ages 29 to 64): \$47.92 1 Adult w/dep: \$70.34 2 Adults: \$95.83 2 Adults w/dep: \$110.98 3 Adults: \$138.35 3 Adults w/dep: \$156.48 1 Senior (ages 65 and up): \$43.12 1 Senior w/dep: \$63.30 2 Seniors: \$86.24 2 Seniors w/dep: \$99.89</p>	<p><b>*Ingram Family (Lee County)</b></p> <p>1 Young Adult (ages 18 to 28): \$39.78 1 Young Adult w/dep: \$45.27 2 Young Adults: \$79.54 2 Young Adults w/dep: \$84.67 1 Adult (ages 29 to 64): \$47.92 1 Adult w/dep: \$54.20 2 Adults: \$95.83 2 Adults w/dep: \$99.78 3 Adults: \$138.35 3 Adults w/dep: \$143.91 Senior (ages 65 and up): \$43.12 1 Senior w/dep: \$63.30 2 Seniors: \$86.24 2 Seniors w/dep: \$99.89</p>
<p><b>Southeast Raleigh YMCA</b></p> <p>1 Young Adult (ages 18-28): \$39.78 1 Young Adult w/dep: \$61.62 2 Young Adults: \$79.54 2 Young Adults w/dep: \$101.81 1 Adult (ages 29 to 64): \$47.92 1 Adult w/dep: \$70.34 2 Adults: \$95.83 2 Adults w/dep: \$110.98 3 Adults: \$138.35 3 Adults w/dep: \$156.48 1 Senior (ages 65+): \$43.12 1 Senior w/dep: \$63.30 2 Seniors: \$86.24 2 Seniors w/dep: \$99.89</p>	<p><b>East Raleigh YMCA</b></p> <p>1 Young Adult (ages 18-28): \$40.37 1 Young Adult w/dep: \$62.54 2 Young Adults: \$80.74 2 Yng. Adults w/dep: \$103.33 1 Adult (ages 29-64): \$48.64 1 Adult w/dep: \$71.39 2 Adults: \$97.28 2 Adults w/dep: \$112.65 3 Adults: \$140.44 3 Adults w/dep: \$158.85 1 Senior (ages 65+): \$43.78 1 Senior w/dep: \$64.24 2 Seniors: \$87.54 2 Seniors w/dep: \$101.40</p>	<p><b>Chatham YMCA</b></p> <p>1 Young Adult (ages 18-28): \$39.78 1 Young Adult w/dep: \$45.27 2 Young Adults: \$79.54 2 Young Adults w/dep: \$84.67 1 Adult (ages 29 to 64): \$47.92 1 Adult w/dep: \$51.98 2 Adults: \$95.83 2 Adults w/dep: \$99.78 3 Adults: \$138.35 3 Adults w/dep: \$164.41 Senior (ages 65 and up): \$43.12 1 Senior w/dep: \$46.78 2 Seniors: \$86.24 2 Seniors w/dep: \$89.42</p>

# YMCA of the Triangle

Locations: Apex, Cary, Garner, Durham, Knightdale, Raleigh, Sanford, Wake Forest, Chapel Hill, Chatham County

Various locations: [www.ymcatriangle.org](http://www.ymcatriangle.org)

## Membership Policies and Regulations

Dependents may include children, foster children, grandchildren and other children under the age of 23 for whom the adult is guardian. Senior members must be 65 years and above.

\*For Ingram Family, SE Raleigh and Durham Branch YMCAs, nursery care is included for children under 5 years old.

\*\*Please note that the Downtown Durham YMCA is closing in 2023; exact date is TBD

Membership Types	*Durham YMCAs	**Raleigh Knightdale YMCAs	**Alexander & Poyner YMCA	Southeast Raleigh YMCA	Chapel Hill YMCA	Poole Family YMCA	*Ingram Family YMCA	East Triangle YMCA
Young Adult (Ages 14-28)	\$49.54	\$45.11	\$49.54	\$39.78	\$45.11	\$39.78	\$39.78	\$40.37
Young Adult/Dependents	\$63.14	\$67.84	\$63.14	\$61.62	\$63.88	\$61.62	\$45.27	\$62.54
2 Young Adults	\$98.10	\$90.22	\$98.10	\$79.54	\$90.22	\$79.54	\$79.54	\$80.74
2 Young Adults & Dependents	\$110.16	\$112.24	\$110.16	\$101.81	\$111.14	\$101.81	\$84.67	\$103.33
Adult (Ages 29-64)	\$56.43	\$54.55	\$56.43	\$47.92	\$54.55	\$47.92	\$47.92	\$48.64
1 Adult & Dependents	\$70.04	\$77.71	\$70.04	\$70.34	\$74.07	\$70.34	\$54.20	\$71.39
2 Adults	\$111.18	\$109.09	\$111.18	\$95.83	\$109.09	\$95.83	\$95.83	\$97.28
2 Adults & Dependents	\$121.52	\$123.81	\$121.52	\$110.98	\$123.81	\$110.98	\$99.78	\$112.65
3 Adults	\$164.37	\$157.50	\$164.37	\$138.35	\$157.50	\$138.35	\$138.35	\$140.44
3 Adults & Dependents	\$170.85	\$175.07	\$170.85	\$156.48	\$175.07	\$156.48	\$143.91	\$158.85
Senior (Age 65 and up)	\$49.94	\$48.97	\$49.94	\$43.12	\$48.97	\$43.12	\$43.12	\$43.78
Senior/Dependents	\$62.83	\$69.77	\$62.83	\$63.30	\$66.91	\$63.30	\$49.28	\$64.24
2 Seniors	\$98.88	\$97.94	\$98.88	\$86.24	\$97.94	\$86.24	\$86.24	\$87.54
2 Seniors/Dependents	\$109.63	\$111.44	\$109.63	\$99.89	\$111.44	\$99.89	\$89.42	\$101.40