



**GET MOVING.
GET HEALTHY.**

10 WEEK WELLNESS CHALLENGE
JANUARY 22-MARCH 30, 2018

ACCESS CARD - 2018 Offers & Partner Locations

As a participant in the 2018 10 Week Wellness Challenge you have the opportunity to take advantage of these great offers! Promotions are listed in alphabetical order by county. Print your personalized Access Card from your online dashboard and present it at the following locations to receive the listed promotion.

BLACK HAWK

The Runner's Flat
120 Main St, Cedar Falls
www.therunnersflat.com
10% off any shoe, apparel or accessories. 10% off entire purchase, and FREE gait analysis!

BOONE

Anytime Fitness (Boone)
1312 S Marshall St, Boone
<https://www.anytimefitness.com/gyms/240/boone-ia-50036/>
50% off enrollment, 1 free training session

CARROLL

Anytime Fitness (Carroll)
1205 W Hwy 30 Suite C, Carroll
712-792-7791
www.anytimefitness.com
Free 2-week membership.

Brown's Shoe Fit Company
521 N Adams, Carroll
712-792-0430
www.facebook.com/browns.carroll
\$10 off Regular Priced Shoes

Carroll Recreation Center
716 N Grant Rd, Carroll
712-792-5400
<http://carrollreccenter.com/>
Free 7-day membership for fitness classes or rec center access.

Glidden Wellness Center
108 Idaho Street, Glidden
712-659-3010
www.cityofglidden.org
\$5.00 off 1-year membership

Michael's Shoes
215 W 4th St, Carroll
712-792-3115
\$12 off any running or walking shoe.

Platinum Fitness
833 Griffith Rd, Carroll
712-775-2450
www.carrollplatinumfitness.com
2 free weeks with classes

Uptown Sporting Goods
528 N. Adams St., Carroll
712-792-3346
15% off one pair of walking or running shoes.
Expires June 1st, 2018.

CERRO GORDO

Country Meadow Place
17396 Kingbird Avenue, Mason City
641-423-7722
www.countrymeadowplace.com
Free Senior Exercise with Live 2 B Healthy and Athletico, free lunch card and free Cabin Coffee card as well as a bag of goodies.

CLAY

Spencer Hospital
1200 1st Ave E, Spencer
712-264-6643
www.spencerhospital.org
\$10 off Metabolic Syndrome Screening held each 3rd Wednesday and every Wednesday in February. Receive over \$500 worth of lab values for \$40! Call Joyce Tewes RN at 712-264-6636 by June 30, 2018 to redeem.

CLINTON

City of DeWitt Parks and Recreation
900 14th St, DeWitt
563-659-5127

<http://parks.cityofdewittiowa.org/>

10 weeks of membership at DeWitt Fitness Center for \$100! Must be a participating member of Live Healthy Iowa - Get Fit DeWitt

Snap Fitness

100 6th Ave, DeWitt
563-659-1948

<http://www.snapfitness.com/gyms/dewitt-ia-52742/1697>

A 10 week membership for \$100, including program fee and 24-hr access card! *Offer for new members only*

CRAWFORD

Denison Aquatic Center
710 N 16th St, Denison
712-263-8130

www.denisonrec.com

\$2.00 adult admission (unlimited use), and 10% off a 3-month adult membership!

DUBUQUE

Challenge To Change
3337 Hillcrest Road, Dubuque
563-542-1168

<http://challengetochangeinc.com/>

Free adult classes on Wednesdays and Saturdays

Crossfit Restoration
340 E 12th St, Dubuque
563-556-6496

<http://crossfitrestoration.com/>

A free Crossfit workout from a certified crossfit instructor for beginners and advanced participants from 9:00 am to 10:00 am every Saturday for the length of the challenge and by appointment!

Dubuque Community YMCA/YWCA
35 North Booth Street, Dubuque
563-556-3371

www.dubuquey.org

Free use of facility for 2 consecutive weeks! NO enrollment fee for members registering during the 10 Week Wellness Challenge! (Jan 22-Mar 30, 2018)

Jazzercise (Dubuque)
2095 Kerper Blvd, Suite 3, Dubuque
563-582-1540

www.jazzercise.com

Free classes at 2095 Kerper Blvd on Mondays and Thursdays at 5:45 PM, and at the Courtside location

on Mondays at 5:15 PM and Thursdays at 5:00 PM, beginning January 22 through March 29.
LHI Special - Participants may purchase a "Jazz thru June" membership pass for just \$99.00 during the month of March!

Pam Connolly Healthy Opportunities

855 Kelly Ln., Dubuque
563-543-7154

<http://pamelajeannconnolly.wixsite.com/mysite>

30 minute free consultation for health coaching or personal training

Signature Health & Fitness

2055 Holliday Dr, Dubuque
563-587-8052

<https://www.signaturehealthandfitness.com/>

Gym open to 10 Week Wellness Challenge participants on Fridays from 5am to 5pm and Sundays from 8am to 12pm.

JOHNSON

We Run LLC

555 Highway 965 S, Suite B, North Liberty
319-626-2426

www.werunllc.com

10% off next purchase!

LINN

Curves of Cedar Rapids

3720 Queen Court SW Suite #5, Cedar Rapids
319-363-4100

<http://www.curveslocal.com/384/>

50% off the enrollment fee

Northtowne Cycling & Fitness

1150 Blairs Ferry Rd NE, Cedar Rapids
319-393-6557

www.northtownebikes.com

To cheer you on in your decision to commit to get fit, your cost of enrollment in the "10 Week Wellness Challenge" is on us! Northtowne Cycling & Fitness will take \$122 off the purchase of a treadmill, elliptical, bike trainer, or AirDyne priced at \$1000 or more. Offer expires April 7, 2018. Free delivery in Linn County, IA

Profile by Sanford Health

1115 Blairs Ferry Rd NE Suite 200, Cedar Rapids
515-393-6200

<http://profileplan.net/>

50% off membership rates and 20% off product. Membership includes unlimited health coaching, free scale, and a meal plan incorporating meal replacements.

We Run LLC
1950 Dodge Rd NE Suite 103, Cedar Rapids
319-378-0795
www.werunllc.com
10% off next purchase!

MAHASKA

Bobzilla's Bicycle Werks
1718 Pella Ave., Oskaloosa
(641) 673-3842
www.bobzillabikes.com
5% off new bikes, 10% off gear and accessories

MONONA

Carrier Coffee Company
928 10th St, Onawa
712-431-6528
<http://carriercoffeeco.com/>
10% off Our Menu

MONTGOMERY

Montgomery County Family YMCA
101 E. Cherry Street, Red Oak
712-623-2161
www.mcymca.com
Free Facility use on Tuesdays and Fridays

POLK

Barr Bike & Fitness
1710 NW 86TH St, Clive
515-223-6111
www.barrbike.com
Use coupon code 8003955 and get \$5.00 off your purchase of \$25.00 or more!

Fitness World 24
2305 N Ankeny Blvd, Ankeny
515-964-0170
<http://www.fitnessworldclubs.com/>
50% off coupon and two personal training sessions for 10 Week Wellness Challenge participants!

Fitness World Prairie Trail
1450 SW Vintage Pkwy, Ankeny
515-963-7676
<http://www.fitnessworldclubs.com/>
50% off coupon and two personal training sessions for 10 Week Wellness Challenge participants!

KryoVitality
629 S Ankeny Blvd, Ankeny
515-720-8280
www.kryovitalityiowa.com
Whole Body Cryotherapy sessions for \$30 for all participants (single sessions normally \$59)

KryoVitality
1349 NW 121st St. Suite 200, Clive
515-401-5151
www.kryovitalityiowa.com
Whole Body Cryotherapy sessions for \$30 for all participants (single sessions normally \$59)

Profile by Sanford Health
1550 N. Ankeny Blvd Suite 108, Ankeny
515-257-7050
<http://profileplan.net/>
50% off membership rates and 20% off product. Membership includes unlimited health coaching, free scale, and a meal plan incorporating meal replacements.

Profile by Sanford Health
1250 NW 128th St. Ste 130, Clive
515-393-6200
<http://profileplan.net/>
50% off membership rates and 20% off product. Membership includes unlimited health coaching, free scale, and a meal plan incorporating meal replacements.

Santosh Yoga Des Moines
2600 72nd Street, Suite K, Urbandale
515-333-3112
<http://www.santoshayogadsm.com/>
Take 10% off any pass price. Passes do not expire and can be used for any class with Mary Lasky including Therapeutic Yoga, Beginner Yoga, Private Lessons, and the New Student Special. Use code LHI at checkout online or in-studio.

SCOTT

Profile by Sanford Health
3010 E 53rd St., Davenport
563-424-7840
<http://profileplan.net/>
50% off membership rates and 20% off product. Membership includes unlimited health coaching, free scale, and a meal plan incorporating meal replacements.

SHELBY

Myrtue Medical Center/Peterson Family Wellness Center
1213 Chatburn Ave, Harlan
712-755-4344
www.myrtuemedical.org
Waived \$40.00 Enrollment Fee!

STORY

Ames Racquet & Fitness Center
3600 University Blvd, Ames
515-232-1911

www.amesracfit.com

One free Inbody 570 Fitness Assessment (determines a health baseline) at Ames Racquet & Fitness Center. Email inbody@amesracfit.com to set appointment.

Anytime Fitness (Ames)
823 Wheeler St, Suite 6, Ames
515-233-1353

www.anytimefitness.com

A discounted monthly rate of \$31.99 with no enrollment fee! (This does not include one time payment of \$39.99 for Key Fob, allowing 24/7 access to gyms nationwide)

Profile by Sanford Health
620 Lincoln Way Suite 4, Ames
515-473-4978

<http://profileplan.net/>

50% off membership rates and 20% off product. Membership includes unlimited health coaching, free scale, and a meal plan incorporating meal replacements.

Skunk River Cycles
308 Main St, Ames
515-232-0322

www.skunkrivercycles.com

10% off any regular priced bicycle; 20% off any single accessory - one time use, excludes car carriers. Expires June 1, 2018.

VAN BUREN

Stockport Public Library
113 Beswick, Stockport
231-668-2778

Access to print resources for healthy living, and free internet access.

WOODBURY

CrossFit Beo
4101 War Eagle Dr (Building B), Sioux City
712-204-2964

www.crossfitbeo.com/

Free one week trial membership

Profile by Sanford Health
5001 Sergeant Rd Suite 375, Sioux City
712-250-2598

<http://profileplan.net/>

50% off membership rates and 20% off product. Membership includes unlimited health coaching, free scale, and a meal plan incorporating meal replacements.

WRIGHT

Eagle Grove Pharmacy
311 W Broadway, Eagle Grove
515-448-3814

www.EagleGrovePharmacy.com

25% off Eagle Grove Pharmacy pharmaceutical grade vitamin line

Updated 2/7/18



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