

FITNESS CLUB DISCOUNTS - International Fitness Club Network

IFCN offers an opportunity to get a head start on a healthier lifestyle through access to International Fitness Club Network (IFCN), a network of high quality health and fitness clubs at affordable rates.

HIGHLIGHTS

- Members are assured the club's "lowest membership rate for the type of membership selected."
- Members receive a one-week introductory trial membership certificate, free of charge. This allows members to try several participating clubs for one week each, giving the opportunity to truly experience the club and its facilities. (Not to be combined at the same club.)
- Available in all 50 states with over 9,500 participating health clubs worldwide. Some of the largest club chains in the country are members of the IFCN, including Bally Total Fitness, Jazzercise, LA Fitness and 24 Hour Fitness, Gold's Gyms, Snap, Anytime Fitness, Curves and many local clubs.
- Members may access the member service website or call the toll-free number 24 hours a day, 7 days a week to speak with a trained member service representative concerning various club locations and facility information.
- Health and Fitness Clubs are required to meet the American College of Sports Medicine's health and safety standards.
- Dues are to be paid directly to the club, in accordance to the signed membership contract.

FITNESS CLUB DISCOUNTS FAQs

Q. What "rate" will members receive with this benefit?

A. IFCN benefit contracts with quality health and fitness clubs that vary greatly in size, amenities offered and facilities available. To this end, it is impossible to set one rate for every club. Participating health clubs will offer the member their "lowest membership rate, for the type of membership selected." Many clubs offer a variety of memberships (i.e. Aerobics Only, Fitness Room Only or a Full Facility Membership) therefore IFCN members receive the lowest rate for whichever membership they have selected.

Q. How does this benefit work?

A. To take advantage of the benefit, members should:

- Visit the member services website or call the toll-free number located on the back of the membership card to locate a participating facility.
- Call the health club and speak with someone in the membership department. Schedule a time to tour the facility and utilize the one-week free membership certificate. Present the membership card at the time of the visit to receive the lowest membership rate.
- Discuss what the lowest membership rate would be for the type of membership selected with the health club's membership department.

Q. How do members get the free certificates?

A. Certificates are available online at the website address located in the membership kit. Members simply print the certificate and present it to the fitness facility to receive a one week free membership. If a member does not have access to the Internet, call the toll-free number located on the back of the membership card and reference IFCN to receive the certificate by mail.

Q. May members use this benefit in conjunction with their existing membership?

A. The "lowest membership rate for the type of membership selected" may only be offered to new members joining a club. If a member already belongs to a facility and has a contract with a participating club, he/she should contact someone in the club membership office to see if the IFCN rate will apply.

Q. Do all facilities within a national chain participate with IFCN?

A. Some club chains, such as Bally Total Fitness and LA Fitness, are enrolled in the IFCN on a national level, meaning that every club that bears this name is an IFCN club. However, there are some club chains, such as Curves for Women that enroll in the IFCN on a club-by-club basis. These clubs are independently owned and operated, and can therefore choose whether or not they would like to enroll in the IFCN. Please use the IFCN club search engine to make sure that a club near you is part of the IFCN.

Q. What if I can't find a gym in my area?

A. Members should visit the website to access the health club database or call the toll-free number and speak with a member service representative to locate a club. If you are still unable to find a club in your area, members may nominate a health club to join the network. Simply fill out the "Refer a Club" form online or call the customer service number and speak with a representative. Nominated clubs are invited to join IFCN without obligation.

Q. My gym didn't know about the program but they are listed as a member club. What do I do?

A. International Fitness Club Network (IFCN) benefit works with over 8,500 health clubs worldwide - health clubs have a large ever-changing staff; therefore there will be an occasion when one club representative doesn't know about their club's participation in IFCN. If this happens, speak with someone in the health club's membership department and mention that you have the IFCN benefit through IFCN. If they are unclear as to their participation, please call the toll-free member service number located on the back of the membership card and speak with a representative.

Q. May my wife/husband join the club with me?

A. IFCN is extended to members and their immediate family. Immediate family members are defined by the individual club.

Q. What do the clubs have to do to belong to the IFCN program?

A. IFCN is a free and voluntary program for clubs to join. Every participating club signs a contract stating they will:

- Offer their "lowest membership rate for the type of membership selected"
- Offer a 1 week free trial membership (subject to space availability)