

# +HEALTHY YOU

ORGANIZATION	ADDRESS	WEBSITE	HOURS OF OPERATION	CONTRACT YES/NO	GROUP FITNESS YES/NO	AQUATICS	CHILD CARE	PERSONAL TRAINING	OTHER
The Yakima Athletic Club	2501 Racquet Lane Yakima, WA 98902 509-453-6521	<a href="http://www.yakimaathletic.com">www.yakimaathletic.com</a>	M-F 5:00 am – 10:00 pm SAT 7:30 am – 6:00 pm SUN 7:30 am – 6:00 pm	Yes	Yes	Yes	Yes, fees apply	Yes, fees apply	Racquetball Tanning
YAC Fitness	2500 Business Lane Yakima, WA 98901 509-574-0711	<a href="http://www.yakimaathletic.com">www.yakimaathletic.com</a>	24 Hours	Yes	Yes	No	No	Yes, fees apply	Double membership with YAC
24/7 Fitness For Life, Selah	103 N 1 <sup>st</sup> Street Selah, WA 98942 509-697-4300	<a href="https://www.facebook.com/247FitnessForLife">www.facebook.com/247FitnessForLife</a>	24 Hours		Yes	No	No	Yes	Nutritional Counseling
Functional Fitness	2006 W. Lincoln Ave Suite B Yakima, WA 98902 509-452-4187		M-F 5:30 am – 8:00 pm SAT 8:00 am – 2:00 pm SUN by appointment	Yes		No		Yes	
Anytime Fitness	5611 Summitview Ave Yakima, WA 98908 509-965-0900 218 W Yakima Ave Yakima, WA 98901 509-823-4255	<a href="http://www.anytimefitness.com">www.anytimefitness.com</a>	24 Hours	Yes		No		Yes	
Selah Fitness Express	103 N 1 <sup>st</sup> Street Selah, WA 98901 509-248-1202		M-TH 5:30 am – 9:00 pm FRI 5:30 am – 7:00 pm SAT 8:00 am – 1:00 pm SUN Noon – 5:00 pm		Yes	No	Yes, fees apply	Yes	Tanning Available
YMCA	5 N Naches Ave Yakima, WA 98901 509-248-1202	<a href="http://www.yakimaymca.org">www.yakimaymca.org</a>	M-F 4:30 am – 10:00 pm SAT 6:00 am – 7:00 pm SUN 1:00 pm – 6:00 pm		Yes	Yes	Yes, fees apply	Yes	
Premier Pilates & Yoga	910 Summitview Ave Suite 6A Yakima, WA 98902 509-965-2346	<a href="http://www.premieryakima.com">www.premieryakima.com</a>	As per schedule on line	Yes	Yes	No	No	Yes	

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Achieve Health and Fitness	2105 W. Lincoln Ave Yakima, WA 98902 509-406-6030	<a href="http://www.achievefitnessyakima.com">www.achievefitnessyakima.com</a>	M, T, Th 6:00am -9:00pm W & F 5:00am – 9:00pm SAT 8:00am – 2:00pm SUN Noon – 4:00pm	Yes	Yes	No	Yes	Yes	
Mid Valley Nautilus	1005 Vintage Valley Parkway Zillah, WA 509-829-6336		M-T 5:00am – 10:00pm FRI 5:00am – 9:00pm SAT 8:00am – 4:00pm SUN 8:00am-noon	Yes	Yes	No	Yes		Tanning Available
Rock Solid Fitness	Franklin Park 2101 Tieton Drive Yakima, WA 509-480-1002	<a href="http://www.rocksolidfitnessllc.com/">http://www.rocksolidfitnessllc.com/</a>	<b>Mon &amp; Wed</b> 6:15AM, 5:30PM, 6:15PM, 7:15PM <b>Tues &amp; Thurs</b> 5:30AM, 7:00AM, 6:15PM						Contact for Location.
West Valley Fitness	208 S 72nd Ave # 210 Yakima, WA 98908-1600 (509) 453-8299	<a href="http://mywestvalleyfitness.com">http://mywestvalleyfitness.com</a>	Mon - Thu: 5:00 am - 10:00 pm Fri: 5:00 am - 9:00 pm Sat - Sun: 8:00 am - 6:00 pm	Yes	No	No	Yes, fees apply	Yes	
Volution Fitness	1104 Tieton Drive Yakima WA 98902 509-469-4930	<a href="http://www.volutionfitness.com">http://www.volutionfitness.com</a>	24 hours		Yes	No	No	Yes	
Yoga Hot Spot	600 River road Yakima, WA yhs.ellensburg@gmail.com	<a href="http://www.theyogahotspot.com/#/a-hot-yoga-and-wellness-studio-in-yakima-wa/">http://www.theyogahotspot.com/#/a-hot-yoga-and-wellness-studio-in-yakima-wa/</a>	Varies						
Curves	2804 Main St. Union Gap, WA 98903 (509) 248-7999								
Yakima Crossfit	730 N 16th Ave # 4 Yakima, WA 98902 (509) 895-0021	<a href="http://yakimacrossfit.com">yakimacrossfit.com</a>	Varies						

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<b>Crossfit Reformation</b>	3806 W Nob Hill Blvd Yakima, WA 98902 (509) 833-6559	<a href="http://crossfitreformation.com/">http://crossfitreformation.com/</a>	Varies						
<b>Tai Chi</b>	509-941-3577		Varies						
<b>Yoga Collective</b>	Zmoves Zumba located at 2600 Nob Hill in the breezeway of Nob Hill Plaza.	<a href="https://www.facebook.com/yogacollectiveyakima/info">https://www.facebook.com/yoga collectiveyakima/info</a>	Varies						
<b>Zumba</b>	Tel: 509-594-0096	<a href="http://www.fitnesswithnathan.com/">http://www.fitnesswithnathan.co m/</a>	Varies						

Please contact the facility directly for information about joining fees and membership fees for Memorial employees.