

# PREFERRED FITNESS PROGRAM



# 80+

We have over **80 gyms** in our ever **growing** network of preferred fitness partners

FHCP offers a **variety** of health, wellness, and fitness programs at **little** or **no cost** to members.



## **UNLIMITED ACCESS, UNLIMITED POSSIBILITIES**

The Preferred Fitness Program is one of the FHCP's most popular benefits. This program offers you and your dependents **free, unlimited** access to over 80 gyms and fitness facilities. We partner with a wide variety of facilities so that you can find your best fit. All you need is your member number to sign-up!

## **BENEFITS OF EXERCISE AND PREFERRED FITNESS:**

- Boosts creativity and focus
- Improves mood and morale
- Recruitment and retention
- Weight management
- Combats health conditions and diseases
- Stress relief and relaxation

## **JUST SOME OF OUR FHCP GYM PARTNERS**

- Volusia-Flagler Family YMCA: 6 locations!
- Gold's Gym in Ormond Beach
- Planet Fitness in Daytona Beach, St. Augustine, Palm Coast, Rockledge
- Workout Anytime in Daytona Beach Shores
- New Smyrna Beach Athletic Club
- Anytime Fitness in Port Orange, Melbourne, Ormond Beach
- Crunch Fitness in Deltona
- St. Augustine YMCA
- Ponte Vedra YMCA



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PREFERREDFITNESS@FHCP.COM



**Florida  
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**Q: HOW DOES THE WHOLE “FREE GYM” THING WORK?**

A: Once your benefits through FHCP kick in after 90 days, you can visit as many of the 75+ as you want. It’s all about flexibility! You don’t pay membership fees or joiner fees. You’re not limited to using just one facility or to a certain amount of visits. Go try them out and find one that’s a good fit for you!

**Q: SO HOW DO I SIGN UP AT THE GYM?**

A: It’s simple! Just bring your FHCP Insurance card to the facility you are interested in and follow their membership registration process. You’ll probably have to fill out some paperwork and sign a waiver. Make sure you always check in when you go to the gym.

**Q: CAN MY FAMILY JOIN THE GYMS?**

A: Yes, if your spouse or child is covered under your plan through FHCP they are eligible to access the gyms. FHCP no longer has an age limit on who is eligible for gym access; however, every participating facility in our network has different age restrictions due to liability and safety. Please contact the facilities you are interested in to find out what ages are allowed before you go.

**Q: WILL I HAVE THE SAME PRIVILEGES AS A PAYING MEMBER?**

A: Participating facilities are required to offer the basic membership package to FHCP members. Additional services (personal training, massages, tanning, classes etc.) may be purchased by the member for additional cost.

**Q: WHY DO SOME FACILITIES REQUIRE A FITNESS EVALUATION?**

A: Some facilities require a fitness evaluation so that they know you’re medically authorized to exercise and the evaluations give them a clear picture of your current fitness limitations and goals. Check the list of facilities to view who requires an evaluation.

**Q: THE GYM I GO TO IS NOT ON THE LIST. HOW CAN WE ADD THEM?**

A: We love expanding our network of gyms! If a gym is not on the list, you can contact any of the Wellness Coordinators at FHCP to see if they’ve already reached out to them about joining our Preferred Fitness Network.

