

Fitness Center Discounts

Perks at Work Fitness Center Discounts

Perks at Work offers discounted memberships for over 200 fitness facilities throughout the DFW area. Visit www.perksatwork.com for the complete list of facilities. Select “Health”, then “GlobalFit.”

Please note: Facilities offered are subject to change without notice.

Additional Fitness Club Discounts

We also have partnerships for employee discounts with these fitness facilities:

Trinity Towers Fitness Center

Join the fitness center on the first floor of Trinity Towers for a discounted rate of \$20 per month, with a one-time enrollment fee of \$25.

Amenities include:

- 24/7 Access
- Group Exercise Classes
- Weight and Cardio machines
- Shower access

Membership is available to all Children’s Health Team members. Click [here](#) for more information and to join.

Session Pilates

Children’s health team members receive a special discounted rate of \$18 per session. Go to sessionpilates.com or download the SESSION pilates app and create an account. Email info@sessionpilates.com to apply the Children’s Health membership.



CAMP GLADIATOR

Current members receive a 10% discount. Let your trainer know you are with Children's Health to get your discount.



Discounted memberships:

- Basic (4 sessions/month) – receive a one time only 2 additional sessions
- Elite (8 sessions/month) - \$10 off Monthly membership fee; one time only 3 additional sessions
- Premier (unlimited sessions/month) - \$10 off monthly membership fee; one time only 5 late cancels

All memberships receive \$20 off a Core heart rate monitor. Membership discounts are good at all DFW locations, and once enrolled, you can use at any OrangeTheory fitness location.

If you are already a member, just let them know you are a Children's Health employee to receive these benefits.



Discount Details

New YMCA members will receive a waived initiation fee (\$0). Membership rates and plans vary by branch.

What you must do

Show your Children's Health badge to your YMCA membership advisor and ask to have your account flagged as a Children's Health employee. If you are already a YMCA member when you join Children's Health, you will not be reimbursed your previously paid initiation fee



Discount Details

New Baylor Tom Landry Fitness Center members will receive 50% off the enrollment fee, new member massage and a fitness consultation. Monthly fees are as follows:

- Basic Membership - \$80/month + taxes
- Gold Membership - \$95/month + taxes
 - Personalized kit locker
 - Complimentary laundry service for workout clothing
- Fitness Plus Membership - \$200/month + taxes
 - Fitness plus classes (Suspension Training, Reformer Pilates, etc.)
 - Monthly meetings with a nutritionist

For additional information or a free trial, contact a Membership Representative at 214-820-7872 or contactlandry@BaylorHealth.edu.

What you must do

Visit the facility and mention that you saw the discount on our employee wellness portal, or make a screen shot of this page and take it in.



Discount Details

Receive a discounted joining fee of \$99 and discounted monthly dues of \$79 (plus tax) for an individual membership, or a joining fee of \$149 and monthly dues of \$120 (plus tax) for a couples membership. You also receive a 20% discount in the VSpa, and discounted meals in the hotel restaurant.

What you must do

Show your Children's Health badge to your Verandah membership advisor and ask to have your account flagged as a Children's Health employee. For more information, call 214-761-7886 or visit www.verandahclub.com.