




As a Presbyterian Health Plan member, you and your dependents have access to more than 10,000 national, regional and local fitness, recreation and community centers for a small fee. These facilities include all Defined Fitness locations in Albuquerque, Rio Rancho and Farmington, as well as the nationwide Prime Fitness network. Discounts are available for all Sports & Wellness facilities.

We know that staying active and healthy is important to you, to live your best life. Whether you are at home, traveling, or just want to try something new, there are convenient locations, hours that fit your busy lifestyle, and a variety of classes and programs that let you manage fitness *your* way!

			
Description	Visit more than 10,000 participating locations nationwide as often as you like, including select YMCAs, Snap Fitness, Curves®, Crunch® Fitness, Planet Fitness and Anytime Fitness. Visit any location in the network – your fitness benefit travels with you, wherever you go. Classes and amenities vary by location.	These facilities include all nine Defined Fitness locations in Albuquerque, Rio Rancho and Farmington, as well as the nationwide Prime Fitness network. Defined Fitness is one of New Mexico's premier health clubs.	Sports & Wellness is where Albuquerque has gone to find fun, friends and fitness for more than 25 years. Enjoy a special Presbyterian Health Plan member rate and experience five-star service and first-rate amenities at five New Mexico locations.
Participating Locations	Nationwide	Albuquerque, Rio Rancho, Santa Fe and Farmington, NM	Albuquerque, NM
Fees	\$27.50 per enrolled member per month entitles you to full access to Prime and Defined Fitness and a discount on Sports & Wellness gym fees. Some gyms may charge a registration or annual fee.		
How to access	On the first of the month after enrolling, visit www.primemember.com to get a Prime ID Card before visiting the gym of your choice	On the first of the month after enrolling, show your Presbyterian Member ID card to gain access and you will be issued an ID card directly by the gym	On the first of the month after enrolling, show your Presbyterian Member ID card to gain access and you will be issued an ID card directly by the gym
Network	www.primemember.com	www.defined.com	www.sportsandwellness.com
Available services (some may have an additional cost)			
Fitness equipment	Yes	Yes	Yes
Group exercise classes	Yes	Yes	Yes
Personal Training	Most locations	Yes	Yes
Pool	Indoor/outdoor	Indoor	Indoor/outdoor
Sauna/Whirlpools	Yes	Yes	No
Sports courts	Yes	No	Yes
Track	Yes	No	No
Childcare	Some locations	Yes	Yes