An exclusive Toadal Fitness offer for MCSIG Wellness members

Toadal Fitness is excited to offer MCSIG Wellness members a special offer to achieve their fitness goals:
- Unlimited access to Classes
- Kid care available (West Side, Live Oak and Scotts valley)

<table>
<thead>
<tr>
<th>Monthly Fees: $43 or $49</th>
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<tbody>
<tr>
<td>$75 Enrollment fee on a 12 months prg (regularly $99)</td>
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<td>$25 Enrollment fee on a 24 months prg (regularly $49)</td>
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HOW TO TAKE ADVANTAGE OF THIS OFFER:
1. Bring your team member ID to our West Side location and mention this flyer.
2. Pick up the plan that fits you best and hop in :)

NOW 5 locations to serve you!
WEST SIDE—APTOS—LIVE OAK—DOWNTOWN—SCOTTS VALLEY

For more information contact us at nicolas@toadalfitness.com or the club near you

WEST SIDE: 466-3764
LIVE OAK: 464-3764
DOWNTOWN: 423-3764
APTOS: 475-5979
SCOTTS VALLEY: 430-9200
# 2021-22 Fitness Center Discounts

**www.mcsig.com**  
**(831) 755-0161**

<table>
<thead>
<tr>
<th>Fitness Center</th>
<th>Discount Summary</th>
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</table>
| **Anytime Fitness**  
Morgan Hill, Gilroy, Hollister, Prunedale, Monterey, Salinas, Marina, Aptos, Soledad, Pacific Grove, Carmel-by-the-Sea  
[https://www.anytimefitness.com](https://www.anytimefitness.com) |  
MCSIG Joining Fee: $1 (Single)  
MCSIG Biweekly Dues: $18.99 with year contract (Single) |
| **Gold’s Gym**  
935 W Alisal St., Salinas  
1510 Del Monte Center, Monterey  
120 Westridge Dr., Watsonville  
1525 Cushman St., Hollister  
[https://www.goldsgym.com/salinas](https://www.goldsgym.com/salinas) |  
2-year agreement: $0 enrollment  
$69 processing fee  
$34.99 per month  
Month to Month: $0 enrollment  
$69 processing fee  
$44.99 per month  
Membership includes access to all locations. |
| **In Shape**  
1502 N. Main St., Salinas  
1040 N. Davis Rd., Salinas, CA  
2370 Fremont St., Monterey  
1100 41st Ave., Capitola  
[https://www.inshape.com](https://www.inshape.com) |  
20% discount off monthly dues on all available memberships.  
Corporate Code: MCSIG027  
Blue Membership – Single  
- $23.99 per month  
- $39.99 enrollment fee  
Resort Network – Single  
- $71.99 per month  
- $99.99 enrollment fee  
Capitola 1 Club Resort – Single  
- $55.99 per month  
- $49.99 enrollment fee  
Add-ons: 20% discount |
| **Kai Fit**  
(formerly Snap Fitness Salinas)  
1128 S. Main St., Salinas  
[https://www.kaifit.net](https://www.kaifit.net) |  
50% off 1-time enrollment fee  
(2) Complimentary Coaching Sessions w/ Wellness Professional  
Monthly Membership w/no contract: 10% off (autopay)  
- $39.60 Single  
- $69.60 Couple  
Pre-paid Membership (paid in full): $37 Single  
$67 Couple  
14-month contract: $35 Single  
$65 Couple |
<table>
<thead>
<tr>
<th>Club Name</th>
<th>Address</th>
<th>Single Rate</th>
<th>Membership Options</th>
<th>Notes</th>
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<tr>
<td>Kasey’s Fitness Academy</td>
<td>423 Broadway St., Studio B, King City</td>
<td>$0</td>
<td>Single registration fee: $0.00 per month, plus free $25 class card</td>
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<tr>
<td>Montage Wellness Center</td>
<td>2920 2nd Ave., Marina, 1910 North Davis Rd., Salinas</td>
<td>$50</td>
<td>Marina Location: $50 for MCSIG members, $78.50 per month for Primary, $57.50 for Associate</td>
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<tr>
<td>Monterey Sports Center</td>
<td>301 Franklin St., Monterey</td>
<td>$66</td>
<td>Salinas Location: $66 for Primary, $55 for Associate</td>
<td></td>
</tr>
<tr>
<td>Planet Fitness Salinas</td>
<td>1210 Northridge Mall, Salinas</td>
<td>$22.99</td>
<td>1st month free for all MCSIG members, $22.99 per month for Black Card</td>
<td></td>
</tr>
<tr>
<td>Salinas Family YMCA</td>
<td>117 Clay St., Salinas</td>
<td>$57</td>
<td>Adult Rate: $57 per month, Family Rate (2 Adults &amp; Children under 18): $101 per month</td>
<td>$100 Joiner fee is waived for MCSIG members.</td>
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<tr>
<td>Seaside Yoga Sanctuary</td>
<td>Carmel Plaza (3rd Floor) Ocean &amp; Mission, Carmel-by-the-Sea</td>
<td>$15</td>
<td>Enrollment Fee: $0, Drop In: $15 per session, 4 Class Pass: $48 (Valid for 30 days)</td>
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<tr>
<td>Toadal Fitness</td>
<td>269 Mount Hermon Rd., Scotts Valley, 113 Lincoln St., Santa Cruz</td>
<td>$43 or $49</td>
<td>Enrollment fee: $0 on 24-month membership (regularly $49), $25 on 12-month (regularly $99), $75 on</td>
<td>Monthly Fee: $43 or $49 based on membership type</td>
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<td></td>
<td>618 Bay Ave. Ste. D, Capitola, 3004 Mission St., Santa Cruz, 6200 Soquel Dr., Aptos</td>
<td></td>
<td>monthly membership (regularly $199)</td>
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Consult your physician before starting any diet or exercise program. If you don't see your club listed, ask the club manager if corporate rates are available, then contact MCSIG Wellness Program Manager, Neil Hertsch, at nhertsch@mcsig.com to see if a discount can be arranged. Please go to www.mcsig.com for the most updated list. MCSIG does not endorse or assume responsibility for any of the clubs listed herein and does not pay any portion of the fees.