



TOADAL FITNESS

WWW.TOADALFITNESS.COM



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)

NO

ENROLLMENT FEE ON A 24 MONTHS PRG (REGULARLY \$49!)

\$25

ENROLLMENT FEE ON A 12 MONTHS PRG (REGULARLY \$99!)

\$75

ENROLLMENT FEE ON A MONTH to MONTH PRG (REGULARLY \$199!)

Monthly Fees: \$43 or \$49

Due at time of sign up (Based on membership type)

NOW 5 locations to serve you!

WEST SIDE—APTOS—LIVE OAK—DOWNTOWN—SCOTTS VALLEY

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 :)

- YOGA
- ZUMBA
- GROUP CYCLING
- PILATES
- BOOTCAMP
- ATHLETIC STRETCH
- CARDIO MUSCLE
- CARDIO KICK
- AND MORE....

Everything you need

Support – Motivation – Variety
Flexibility – Convenience

Nothing you don't!

No attitude – No waiting
No corporate ways



TOADAL FITNESS

"The local alternative to the big impersonal clubs"

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



Fitness Center	Discount Summary
Show your MCSIG health insurance card to claim your discount.	
<p style="text-align: center;">Anytime Fitness</p> <p>Morgan Hill, Gilroy, Hollister, Prunedale, Monterey, Salinas, Marina, Aptos, Soledad, Pacific Grove, Carmel-by-the-Sea https://www.anytimefitness.com</p>	<p style="text-align: center;">MCSIG Joining Fee: \$1 (Single) MCSIG Biweekly Dues: \$18.99 with year contract (Single)</p>
<p style="text-align: center;">Gold's Gym</p> <p>935 W Alisal St., Salinas 1510 Del Monte Center, Monterey 120 Westridge Dr., Watsonville 1525 Cushman St., Hollister https://www.goldsgym.com/salinas</p>	<p>2-year agreement: \$0 enrollment \$69 processing fee \$34.99 per month</p> <p>Month to Month: \$0 enrollment \$69 processing fee \$44.99 per month Membership includes access to all locations.</p>
<p style="text-align: center;">In Shape</p> <p>1502 N. Main St., Salinas 1040 N. Davis Rd., Salinas, CA 2370 Fremont St., Monterey 1100 41st Ave., Capitola https://www.inshape.com</p>	<p>20% discount off monthly dues on all available memberships. Corporate Code: MCSIG027</p> <p>Blue Membership – Single - \$23.99 per month - \$39.99 enrollment fee</p> <p>Resort Network – Single - \$71.99 per month - \$99.99 enrollment fee</p> <p>Capitola 1 Club Resort – Single - \$55.99 per month - \$49.99 enrollment fee</p> <p>Add-ons: 20% discount</p>
<p style="text-align: center;">Kai Fit</p> <p><i>(formerly Snap Fitness Salinas)</i> 1128 S. Main St., Salinas https://www.kaifit.net</p>	<p>50% off 1-time enrollment fee (2) Complimentary Coaching Sessions w/ Wellness Professional</p> <p>Monthly Membership w/no contract: 10% off (autopay) - \$39.60 Single - \$69.60 Couple</p> <p>Pre-paid Membership (paid in full): \$37 Single \$67 Couple</p> <p>14-month contract: \$35 Single \$65 Couple</p>

<p>Kasey's Fitness Academy 423 Broadway St., Studio B, King City https://www.facebook.com/KCFitness</p>	<p>Single Rate: \$0 registration fee - \$50/month w/autopay - Plus free \$25 class card</p>
<p>Montage Wellness Center 2920 2nd Ave., Marina 1910 North Davis Rd., Salinas https://www.montagewellnesscenter.com</p>	<p>Marina Location - \$50 Enrollment for MCSIG members - \$78.50/month for Primary \$57.50/month for Associate Salinas Location: - \$50 Enrollment for MCSIG members - \$66/month for Primary \$55/month for Associate</p>
<p>Monterey Sports Center 301 Franklin St., Monterey https://monterey.org/city_facilities/monterey_sports_center</p>	<p>1-year agreement Single Rate: \$530</p>
<p>Planet Fitness Salinas 1210 Northridge Mall, Salinas https://www.planetfitness.com/gyms/salinas-ca</p>	<p>1st month free for all MCSIG members - \$22.99/month Black Card Membership – 12-month commitment - \$15/month Classic Membership - NO Commitment - \$10/month Classic Membership – 12-month commitment \$39 annual fee applies to all 3 memberships</p>
<p>Salinas Family YMCA 117 Clay St., Salinas https://www.centralcoastymca.org</p>	<p>\$100 Joiner fee is waived for MCSIG members. Adult Rate: \$57/month Family Rate (2 Adults & Children under 18): \$101/month</p>
<p>Seaside Yoga Sanctuary Carmel Plaza (3rd Floor) Ocean & Mission Carmel-by-the-Sea https://seasideyogasanctuary.com</p>	<p>Enrollment Fee: \$0 Drop In: \$15/session 4 Class Pass: \$48 (Valid for 30 days)</p>
<p>Toadal Fitness 269 Mount Hermon Rd., Scotts Valley 113 Lincoln St., Santa Cruz 618 Bay Ave. Ste. D, Capitola 3004 Mission St., Santa Cruz 6200 Soquel Dr., Aptos https://www.toadalfitness.com/</p>	<p>Enrollment fee: \$0 on 24-month membership (regularly \$49) \$25 on 12-month membership (regularly \$99) \$75 on month to month membership (regularly \$199) Monthly Fee: \$43 or \$49 based on membership type</p>

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.