



# HMSA'S ACTIVE&FIT PROGRAM



An Independent Licensee of the Blue Cross and Blue Shield Association



# LOOKING FOR A NEW PLACE TO WORK OUT?

HMSA's Active&Fit<sup>®</sup> program gives you access to fitness centers at a discount. Here's how it works.

## STEP 1

Register at [activeandfit.com](http://activeandfit.com).

## STEP 2

Pay an annual \$100 membership fee to access fitness centers in the Active&Fit network.

## STEP 3

Choose a fitness center at a location and price that works for you.

- In tier 1, you pay no additional monthly fee.
- In tier 2, you pay an additional \$45 monthly fee.
- In tier 3, you pay an additional \$65 monthly fee.
- In tier 4, you pay an additional \$95 monthly fee.

This brochure includes a directory from April 2019. For a current directory, go to [activeandfit.com](http://activeandfit.com) or call 1 (888) 354-4934 toll-free.

Don't want to go to a fitness center? No problem! You can get a home fitness kit for only \$10 a year.

American Specialty Health (ASH) is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

Active&Fit is a trademark of ASH. The Active&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH.

OAHU	TIER
24 Hour Fitness – Super Sport, Pearl City	1
24-Hour Fitness – Super Sport (Kapiolani Blvd.), Honolulu	1
24 Hour Fitness – Super Sport, Mililani	1
24-Hour Fitness – Active (Bishop St.), Honolulu	1
24 Hour Fitness – Active, Kaneohe	1
24-Hour Fitness – Active (Kalaniana'ole Hwy.), Honolulu	1
24 Hour Fitness – Super Sport, Kapolei	1
Alaka'i CrossFit, Kapolei	4
Barre Kailua	4
Bikram Yoga at Hot Yoga Waikiki	3
Bikram Yoga Kapolei	4
BoxFit808 Boxing Gym, Aiea	2
The Circuit Fitness Center, Waianae	1
CrossFit Hawaii, Honolulu	4
CrossFit Hawaii Kai	4
CrossFit HNL, Kailua	4
CrossFit Kaneohe, Kaneohe	4
CrossFit Ko'olau, Kahuku	3
CrossFit Kuleana, Honolulu	4
CrossFit Waipio, Waipahu	4
CrossFit West Oahu, Kapolei	4
Curves, Honolulu	1
Curves, Aiea	1
Egan's Boot Camp Kailua	4
Egan's Fit Body Boot Camp, Honolulu	4
Egan's Fit Body Boot Camp, Aiea	4
'Ekahi Wellness Center, Honolulu	1
F45 Kahala, Honolulu	4
Fit For a Goddess, Honolulu	4
Fitness Ranee, Honolulu	4
Hawaii Kai Dance Academy	2
Island Club and Spa (Kalakaua Ave.), Honolulu	4
Island Club and Spa (Queen St.), Honolulu	4
Island Jiu-Jitsu, Honolulu	4
Jarrett Shirai, Ala Moana Beach Park	1
Jarrett Shirai, Manoa Valley District Park	1
Kaia FIT Oahu, Honolulu	4
Kaimuki Studio, Honolulu	1
Kakaako Fitness, Honolulu	1
Kalihi YMCA, Honolulu	1
Kokokahi YWCA, Kaneohe	1
Nu'uaniu YMCA, Honolulu	1
NuFitness Lifestyle, Kailua	4
Powerhouse Gym Aiea	1
ROM 8 Minute Fitness, Honolulu	2
Star Fitness Hawaii, Honolulu	4
Still & Moving Center, Honolulu	4
Summer Rothwell, Sans Souci Beach Park	1
Titan Core, Kailua	4
Trilogy Yoga (12th Ave.), Honolulu	4
Trilogy Yoga (Koko Head Ave.), Honolulu	4
UFC Gym – Waikale, Waipahu	2
UFC Gym – Honolulu (Ultimate Program)	2





OAHU (continued)	TIER
UFC Gym – Kailua	2
UFC Gym BJ Penn – Mililani	2
United MMA & Fitness Center, Waipahu	4
UNYQE Fitness Honolulu	3
Windward Oahu YMCA, Kailua	1
YMCA Kaimuki-Waiialae Branch, Honolulu	1
YMCA Mililani West Oahu Branch, Mililani	1
YMCA of Honolulu Leeward Branch, Waipahu	1
Yoga Loft Hawaii, Waipahu	4
YWCA (Richards St.), Honolulu	1

HAWAII ISLAND	TIER
Aloha Fitness Club, Hilo	1
The Club, Kailua-Kona	2
Club Rehab Mauka Clinic, Kealahou	1
Fitness Forever, Kailua-Kona	1
Five Mountain Fitness, Kamuela	2
Hawaii Aerial and Performing Arts, Waikoloa Village	4
Hawaii Aerial and Performing Arts, Kamuela	4
Kuleana Wellness Club, Kamuela	2
Pacific Island Fitness, Kailua-Kona	1
Penn Fitness & Training Center, Hilo	1
Pohaku Strength & Conditioning, Kailua-Kona	4
Pole HI, Hilo	2
Spencer Health & Fitness Center, Hilo	1
Waimea Yoga, Kamuela	3
YMCA – The Island of Hawaii, Hilo	1
Yoga Centered, Hilo	4
The Yoga Nest, Kailua-Kona	2

MAUI COUNTY	TIER
24 Hour Fitness – Active, Kahului	1
Afterglow Yoga, Kihei	4
All Kine Crossfit, Wailuku	3
Anytime Fitness – Pukalani, Makawao	1
Anytime Fitness – Wailuku	1
The Block Lahaina, Lahaina	4
The Block Maui Napili, Lahaina	4
Body in Balance Maui LLC, Lahaina	1
The Club Maui, Lahaina	2
The Club Maui, Wailuku	2
CrossFit Maui, Wailuku	4
CrossFit Maui – Lahaina	4
Da Country Flavas, Makawao	2
Deep Relief Peak Performance, Haiku	4
Enjoy the Ride Maui, Lahaina	4
Fluid Motion Maui, Kihei	4
Fuzion Fit, Haiku	2
The Gym Maui, Kihei	1
Keoni's Hot Lava Dance Fit8 (Maui Mall), Kahului	1
Keoni's Hot Lava Dance Fit (Outlets of Maui), Lahaina	1
Makena Crossfit, Kihei	3
Mangala Yoga, Haiku	3
Mangala Yoga Maui, Makawao	3
Maui CrossFit Extreme, Wailuku	3
Maui Powerhouse Gym, Kihei	1
Personal Training Maui, Wailuku	4
South Maui Fitness, Kihei	1
True Pilates – Maui, Makawao	2
Valley Isle Fitness – Kihei	1
Venture Physical Therapy, Kihei	1
Venture Physical Therapy, Lanai City	1
Wisdom Flow Yoga, Makawao	4





KAUAI	TIER
Barre Soul Deux, Lihue	4
Barre Soul Kauai, Kapaa	4
CrossFit Poipu, Koloa	3
Fitness by Stacy (Elua St.), Lihue	4
Fitness by Stacy (Pahee St.), Lihue	4
Kauai Yoga on the Beach, Kapaa	3
Kilauea Dance & Fitness, Kilauea	3
Makana Training Center, Eleele	1
Organic Functional Fitness, Koloa	4
Pu'uwai Fitness Kauai, Koloa	2
YMCA of Kauai, Lihue	2