

NetCare Health and Wellness Partners
Fitness Center Membership Fees (as of 03/28/08)
For Continental Micronesia Members

Paradise Fitness Center

Continental Employees and dependents who are NetCare members can sign up for Paradise Fitness Center's Platinum Membership for only \$25.00 per month.

\$25.00	Processing Fee
\$25.00	Monthly Membership Fee

Membership covers a free introductory health program, dual membership to both the Hagatna and Dededo locations, aerobics classes and worldwide membership. Certified Personal trainers and aerobics instructors on staff. Sign up at either location. Call 475-2100 for more information.

Contours Express

\$ 59.00	One-time Enrollment Fee – WAIVED until APRIL 11, 2008
\$ 29.00	Monthly Membership Fee

Membership covers: Unlimited use of facility, Personalized training and progress monitoring, Monthly body fat composition analysis. Sauna services offered for a separate fee: \$20.00 for 5 use trial or \$20.00 monthly fee for unlimited use. Special promotions offered regularly. One location: Maite (477-3487)

Curves Fitness Center for Women

Price Quotations given by appointment (with free tour, urinalysis, and one-week membership) or over the phone. Special discounts for past members, senior citizens, and active military. Special promotions offered regularly. Locations: Hagatna (479-4968) or Agat (565-4968)

NetCare Fitness Partner Wellness Benefit – Applicable only to Contours Express & Curves

NetCare members are eligible for a \$100 Wellness Benefit per contract period (Not applicable to Paradise Fitness Center Platinum Membership)

1. Member must be a current active NetCare subscriber or dependent.
2. Member must enroll with a participating wellness facility.
3. Member must visit the wellness facility that they are enrolled with a minimum of eight (8) times a month in order for the reimbursement of \$10.00 monthly (up to \$100.00 annually) by NetCare to apply.
4. Should the member fail to meet the required eight (8) visits during the month, NetCare will not pay out the reimbursement benefit to the NetCare member for that particular month.
5. Wellness facility will submit to NetCare on a monthly basis an attendance report for each member enrolled under the wellness program.
6. Member is responsible for any enrollment fees assessed by the wellness facility.