

Click [HERE](#) to find a [Map](#) of gym locations to make your workouts most convenient!!

### Need help?

For assistance in starting an exercise program that is appropriate for you, contact [CSC HOHS Industrial Rehabilitation](#) for a Preventive Exercise session.

### CSC HOHS Exercise Physiologists:

[Laura Carpino](#)  
376-9040

[Paul Rudis](#)  
376-2109

**NOTE:** Check the Hanford Recreation Association website for additional gyms and discounts. Contact your company Human Resources/Benefits Administrator to find out if your company offers reimbursements or subsidies relating to gym/personal trainer costs.

# Tri-Cities Multi Purpose Gyms & Hanford Employee Discounts

SPRING 2012

## Columbia Basin Racquet Club.....Richland

[www.mycbrc.com](http://www.mycbrc.com)

### Club Amenities:

Fitness/Cardio Equipment, 2 pools (Indoor & Outdoor), Group Classes, Personal Training, Indoor/Outdoor Tennis Courts, Racquetball Courts, Nursery, Physical Therapy/Massage

### Hanford Discount:

\$3 off monthly dues; Six (6) 1/2 hr sessions with a Personal Trainer through "Face to Face Program".

**For more information:** Chrystal, 509-943-8416 or [chrystalhillis@my-cbrc.com](mailto:chrystalhillis@my-cbrc.com)

## LifeQuest Fitness Center.....Pasco

[www.lifequestfitness.net](http://www.lifequestfitness.net)

### Club Amenities:

Fitness/Cardio Equipment, Women's Zone, Basketball Courts, Soccer House, FAST Youth Sports Training, Rock Climbing, Personal Training, Group Classes, Childcare and Pre-Teen Center

**For more information:** 509-545-5191

## Kia Ora Fitness.....Kennewick

[www.kiaorafitness.com](http://www.kiaorafitness.com)

### Club Amenities:

Fitness/Cardio Equipment, Indoor Pool, Group Classes, Personal Training, Basketball Court, Nursery, Massage

**Hanford Discount:** Offers Hanford employees a discount of \$3 on monthly dues.

**For more information:** 509-735-3221 or [corporate@kiaorafitness.com](mailto:corporate@kiaorafitness.com)

## Tri City Court Club.....Kennewick

[www.tricitycourtclub.com](http://www.tricitycourtclub.com)

### Club Amenities:

Fitness/Cardio Equipment, Indoor Pools, Group Classes, Personal Training, Indoor Tennis Courts, Racquetball Courts, Basketball Court, Indoor Climbing Wall, Nursery, Physical Therapy/Massage, Water Park

**Hanford Discount:** \$20 off Joining Fees. (Check TCCC website for current monthly offer.) 68% *Solution*, a corporate funded option, is also available.

**For more information:** Jena or Ryan, 509-783-5465 or [jena@tricitycourtclub.com](mailto:jena@tricitycourtclub.com) or [ryan@tricitycourtclub.com](mailto:ryan@tricitycourtclub.com)

## Gold's Gym.....Kennewick & Richland

[www.goldsgym.com](http://www.goldsgym.com)

### Club Amenities:

Fitness/Cardio Equipment, Indoor Pool, Group Classes, Personal Training, Basketball Court, Nursery/Childcare

### Hanford Discount:

Corporate Discounts Available.

**For more information:** Summer, 509-736-1465 or [sarbuckle@goldsgymeastwa.com](mailto:sarbuckle@goldsgymeastwa.com)



Hanford Occupational Health Services