



**U.S. ARMY GARRISON – DETROIT ARSENAL  
FAMILY AND MORALE, WELFARE AND RECREATION**

**FMWR FITNESS CENTER- ALTERNATIVES FOR FITNESS**

**BALLY TOTAL FITNESS-**

*Nationwide Discount Price:*

*\$0Down/ \$25.00 a month/ month to month contract & no annual fee one time \$20 card fee/30 days to cancel.*

*One Club Discount Price: \$0Down \$19.00 a month,*

Bally Total Fitness offers free weight and cardio area and all types of programs exercise and nutrition. All classes are included. One free personal training consult is included. Free 7 day pass! See FMWR Fitness staff.

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|--|-----------------|
| 30130 Van Dyke Ave Warren, MI 48093            | (586) 575-9000  |
| 44987 Schoenherr Rd, St. Heights MI 48313      | (586) 254- 4411 |
| 20701 E 8 Mile Rd Saint Clair Shores, MI 48080 | (586) 772-8317  |
| 199 W Big Beaver Rd Troy, MI 48084             | (248) 524-6474  |
| 9800 E 8 Mile Rd Detroit, MI 48234             | (586) 575-9000  |
| 16000 Northland Dr Southfield, MI 48075        | (248) 557-4700  |
| 9359 Telegraph Rd Redford, MI 48239            | (313) 535-5010  |
| 22340 Michigan Ave Dearborn, MI 48124          | (313) 561-3320  |
| 6420 Telegraph Rd Bloomfield Hills, MI 48301   | (248) 855-2300  |
| 9359 Telegraph Rd Redford, MI 48239            | (313) 535-5010  |

**LA FITNESS -**

*Call LA Fitness or drop by their location for their rates. Rates are subject to monthly changes.*

From basketball to racquetball, swimming to indoor cycling, free weights to cardio equipment, personal training to group fitness and much more. They offer options in an environment that makes you feel at home, no matter what your current fitness level may be. Good for any LA Fitness Statewide.

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| 30195 Mound Rd Warren, MI 48092        | (586) 501-0008 |
| 25352 Woodward Ave Royal Oak, MI 48067 | (248) 565-2750 |
| 710 E Big Beaver Rd Troy, MI 48083     | (248) 434-0041 |

**WARREN COMMUNITY CENTER-**

*Work in Warren- Price: \$300 per year.*

*Live in Warren- Price: 3 month single membership- \$115, Family- \$250; 6 month single membership- \$160, Family- \$350; 12 month single membership- \$230, Family- \$500.*

The City of Warren Parks & Recreation Department provides Warren residents of all ages with quality positive, and productive leisure time experiences. The department strives to make these activities convenient, affordable and numerous in order to enhance the physical and social being of all residents. About a mile from the Detroit Arsenal, they have early morning, lunchtime and evening swimming and exercise. Call the Warren Community Center and ask about the \$300 annual corporate discount at (586)268-8400.

## **LIFETIME FITNESS-**

*Price: \$59 per month with \$99 down (waived if you refer a friend) no contract.*

Life Time Fitness offers great programs. There Facility has Rock Climbing Martial Arts, Salon, Spa, Swimming, Kids Program, Entertainment, Education & Exercise etc. Hours of Operation: 24 hours a Day /7 Days a Week.

14843 Lakeside Blvd Shelby Township, MI 48315	(586)226-0606
200 W Avon Rd Rochester Hills, MI 48307	(248) 841-9840
40000 High Pointe Blvd Novi, MI 48375	(248) 735-0100
1700 N Haggerty Rd Canton, MI 48187	(734) 394-2800

## **PLANET FITNESS-**

*Price: \$59 down/ \$10 per month/ Annual fee \$29.*

Planet Fitness is known for a lot of things – our absurdly low prices, our lunk alarm, and most of all perhaps, for our Judgment Free Zone philosophy, which means members can relax, get in shape, and have fun without being subjected to the hard-core, look-at-me attitude that exists in too many gyms

13750 E 11 Mile Rd Warren, MI 48089 (586) 774-6900

## **BRICKHOUSE-**

*Price: 1 month membership- \$39, 3 month membership- \$99, 12 month membership- \$369.*

*Active Duty- \$50 down/ \$21/month*

BRICKHOUSE They are focused on providing high-quality service and customer satisfaction with an emphasis on exercise and health. They will do everything they can to meet your expectations for a healthy and fit lifestyle.

BRICKHOUSE Health & Fitness 30 N. Groesbeck Hwy, Mt. Clemens, MI 48043 (586)469-8090

## **CARDINAL FITNESS OF WARREN-**

*Price: Single membership-\$20 per month. Fees are month to month, \$0 down.*

Cardinal Fitness strives to create a comfortable workout environment for members of all kinds - beginners or experts, individuals or families, males or females. Cardinal Fitness provides an incredible value by providing facilities that are close-to-home, state of the art, and family friendly

30726 Hoover Rd Warren, MI 48093 (586) 575-9730.

## **YMCA MEMBERSHIPS –**

Membership discounts & rates vary by category and range from \$30 - \$60 per month. Membership categories include Young Adult (18-29), Adult, Adult+1, Family and Senior. Association wide memberships are available if you choose to use several different YMCA locations.

Lakeshore, 23401 E. Jefferson, St Clair Shores, MI	(586)778-5811
Macomb, 10 N. River Road, Mt. Clemens, MI	(586)468-1411
Birmingham, 400 E. Lincoln St, Birmingham, MI	(248)644-9036
Camping services, 7300 Hickory Ridge Rd, Holly, MI	(248)887-4533
Farmington, 28100 Farmington Rd, Farmington, MI	(248)553-4020
Carl's Family YMCA, 300 Family Dr., Milford, MI	(248)685-3020
North Oakland, 3378 E. Walton Blvd, Auburn Hills, MI	(248)370-9622
South Oakland, 1016 W. 11 Mile, Royal Oak, MI	(248)547-0030
Downriver, 16777 Northline, Southgate, MI	(734)282-9622
Livonia, 14255 Stark Road, Livonia, MI	(734)261-2161
Plymouth, 248 S. Union St, Plymouth, MI	(734)453-2904

Metro Collaborative, 10900 Harper Ave, Detroit, MI (313)267-5300  
YMCA Learning Academy, 21605 W. 7 Mile, Detroit, MI (313)541-7619  
Boll Family YMCA, 1401 Broadway, Detroit, MI 48226 (313)309-9622

## **MILITARY OUTREACH PROGRAM- FREE MEMBERSHIP TO YMCA**

The Military Outreach Program is available to Active Duty & their Families at all YMCA's. The program is a 6 month membership in which the members must appear 8 times or more per month to receive automatic renewal. If criteria are not met, the membership is canceled. The Commander must sign off & must obtain POC approval (see below). The program participant must file IDP membership, service POC, & eligibility forms. The program is available to the Army, Navy, Air Force, & Marines. Not available for Coast Guard. More Information is available at [www.militaryonesource.com](http://www.militaryonesource.com)

### **SERVICE POC's**

ARMY POC: Dorie Hickson, Soldier & Family Readiness Division, 2511 Jefferson Davis Hwy, Ste 9617 Arlington, VA 22202  
Office: (703)601-7495; Fax: (703) 601-0730 E-mail: [dorie.hickson@us.army.mil](mailto:dorie.hickson@us.army.mil)

Navy POC: J Kelly Powell, Commander Navy Installations Command (N-921), 5790 Integrity Dr. Millington, TN 38055  
Office: (901)874-6631; Fax: (901)874-6831 E-mail: [kelly.powell@navy.mil](mailto:kelly.powell@navy.mil)

Marine POC: Linda Desens, US Marines Corps, Personnel & Family Readiness Division, 3280 Russell Rd., Quantico, VA 22134  
Office: (703) 432-9062; Fax: (703) 784-9822 E-mail: [linda.desens@usmc.mil](mailto:linda.desens@usmc.mil) [www.asymca.org](http://www.asymca.org)

YMCA POC: Steven Krankota, Membership Specialist, Macomb Family YMCA, 10 North River Rd., Mt Clemens, MI 48043  
Office: (586) 468-1411 ext.212 [www.ymcadetroit.org](http://www.ymcadetroit.org)