

The Active&Fit® employer-sponsored program provides eligible members with access to thousands of participating fitness centers nationwide such as 24 Hour Fitness and YMCA at a low monthly cost of \$10, or a single gym membership from an expanded network in Hawai'i (such as UFC Gym or CrossFit) at a monthly cost of \$59, \$89, or \$119. The monthly fee varies by fitness center.¹

For assistance with locating a participating fitness center or for the most recent information, visit ActiveandFit.com or contact Active&Fit® Customer Service toll-free at **(877) 771-2746** (TTY/TDD 711). For other inquiries including eligibility and premium rates, contact HMAA Wellness at HMAAwellness@hmaa.com.

Following are participating fitness centers throughout the state of Hawai'i, listed by island. The list is subject to change by Active&Fit® at any time.

¹Non-standard services at the fitness center which require an added fee are not part of the Active&Fit® program.

O'ahu

\$10 monthly fee

24 Hour Fitness – Active
1000 Bishop St
Honolulu 545-5510

24 Hour Fitness – Active
7120 Kalaniana'ole Hwy
Honolulu 396-2424

24 Hour Fitness – Active
45-480 Kaneohe Bay Dr
Kaneohe 234-1003

24 Hour Fitness – SuperSport
1680 Kapiolani Blvd
Honolulu 951-7677

24 Hour Fitness – SuperSport
91-5431 Kapolei Pkwy
Kapolei 377-6855

24 Hour Fitness – SuperSport
1000 Kamehameha Hwy
Pearl City 486-2424

24 Hour Fitness – SuperSport
95-221 Kipapa Dr
Mililani 627-7400

Curves
99-080 Kauhale St Ste C7
Aiea 488-7722

Curves
3566 Harding Ave, Ste 101
Honolulu 734-4300

Ekahi Health Wellness Center
500 Ala Moana Blvd, Ste 6D
Honolulu 777-4001

JS Fitness – Ala Moana
1201 Ala Moana Blvd
Honolulu 230-4861

JS Fitness - Manoa Valley
2721 Kaaipu Ave
Honolulu 230-4861

Planet Fitness
1450 Ala Moana Blvd
Honolulu 638-2212

Powerhouse Gym Aiea
98-199 Kamehameha Hwy
Aiea 484-8000

The Circuit Fitness Center
85-179 Waianae Valley Rd
Waianae 744-6255

YMCA – Kaimuki-Waiialae
4835 Kilauea Ave
Honolulu 737-5544

YMCA – Kalihi
1335 Kalihi St
Honolulu 848-2494

YMCA of Honolulu – Nu'uuanu
1441 Pali Hwy
Honolulu 536-3556

YMCA – Mililani West Oahu
95-1190 Hikikaulia St
Mililani 625-1040

YMCA – Leeward
94-440 Mokuola St
Waipahu 671-6495

YMCA – Windward Oahu
1200 Kailua Rd
Kailua 261-0808

Yoga Under The Palms
2743 Kalakaua Ave
Honolulu 492-8760

YWCA Laniakea
1040 Richards St
Honolulu 695-2615

YWCA Kokokahi
45-035 Kane'ohe Bay Dr
Kaneohe 695-2606

\$59 monthly fee**BoxFit808 Boxing Gym**

98-025 Hekaha St, Ste 34
Aiea 256-1770

Smith Taekwondo Center

46-174 Kahuhipa St
Kaneohe 247-3114

UFC Gym – Mililani

95-1249 Meheula Pkwy, Ste 182
Mililani 825-4880

Hawaii Kai Dance Academy

7192 Kalanianaʻole Hwy, Ste C126
Honolulu 304-2118

UFC Gym – Honolulu

805 Pohukaina St
Honolulu 672-2655

UFC Gym – Waikale

94-877 Lumiaina St
Waipahu 445-9490

ROM 8 Minute Fitness

505 Kamani St, Ste B
Honolulu 523-7777

UFC Gym – Kailua

573 Kailua Rd, Ste 200
Kailua 800-2958

\$89 monthly fee**Bikram Yoga at Hot Yoga Waikiki**

449 Kapahulu Ave, Ste 208
Honolulu 468-9642

CrossFit Ko'olau

114 Main Camp
Kahuku 383-8739

UNYQE Fitness Honolulu

745 Fort Street Mall, Ste 105
Honolulu 536-7205

\$119 monthly fee**Alaka'i CrossFit**

91-329 Kauhi St, Ste A
Kapolei 763-9500

Apex Yoga Center

98-025 Hekaha St, Ste 217A
Aiea 369-7100

Arkaios CrossFit

94-137 Leoleo St
Waipahu 677-0111

Barre in Mind

46-174 Kahuhipa St Rm D
Kaneohe 375-8999

CrossFit Hawaii

883 Mission Ln
Honolulu 256-5665

CrossFit Hawaii Kai

501 Kealahou St
Honolulu 256-5665

CrossFit HNL

28 Kapaa Quarry Pl
Kailua 352-2390

CrossFit Kaneohe

46-026 Alaloea St, Ste E-F
Kaneohe 785-341-1586

CrossFit Kuleana

2463 S King St
Honolulu 285-5200

CrossFit Oahu

556 Reed Ln
Honolulu 351-0466

CrossFit Pearl City

425 Kamehameha Hwy
Pearl City 351-0466

CrossFit Waipio

94-1388 Moaniani St, Ste 102
Waipahu 664-4397

CrossFit West Oahu

2045 Lauwiliwili St, Ste 802
Kapolei 860-490-8504

Egan's Bootcamp Kailua

171 Hamakua Dr, Ste D
Kailua 271-3779

Egan's Fit Body Bootcamp

99-079 Kauhale St
Aiea 271-3779

Egan's Fit Body Bootcamp

1212 Punahou St
Honolulu 271-3779

Fit For a Goddess

320 Ward Ave, Ste 202
Honolulu 262-6979

Fitness Ranes

1213 S Beretania St
Honolulu 793-4678

Hikina Yoga

924 Hikina Ln
Honolulu 200-8063

Hot Yoga Kapolei

2114 Lauwiliwili St, Ste 101B
Kapolei 682-9642

Island Club and Spa

1177 Queen St, Ste 301
Honolulu 543-3900

Island Club and Spa

2490 Kalakaua Ave, Fl 3
Honolulu 200-5063

Island Jiu-Jitsu

2600 S King St, Ste 202
Honolulu 383-9196

\$119 monthly fee – continued

Ko'olau Movement Studio
56-505 Kamehameha Hwy
Kahuku 801-923-2666

Lifestyle Innovation Fitness Training
1350 S King St, Ste 300
Honolulu 348-6336

NuFitness Lifestyle
167 Hamakua Dr
Kailua 208-3889

Starfitness Hawaii
2600 S King St, Ste 106
Honolulu 954-0585

Still & Moving Center
1024 Queen St
Honolulu 397-7678

Sun Yoga Hawaii
820 W Hind Dr, Ste 125
Honolulu 348-2979

United MMA & Fitness Center
94-530 Ukee St
Waipahu 450-5700

Yoga Loft Hawaii
94-547 Ukee St, Ste 205
Waipahu 721-9818

Yoga Room Hawaii
1120 12th Ave
Honolulu 888-7558

Yoga Room Hawaii
1152 Koko Head Ave, Ste 203
Honolulu 888-7558

Yoga4Ewa
91-440A Puppu St
Ewa Beach 689-1020

Maui**\$10 monthly fee**

Anytime Fitness
24 Kiopaa Pl, Ste 103
Pukalani 633-6463

Anytime Fitness
54 Maui Lani Pkwy, Ste 1020
Wailuku 244-2348

Body in Balance Maui LLC
142 Kupuohi St, Ste F2
Lahaina 661-1116

Hot Lava Dance Fit
70 E Kaahumanu Ave, Ste C9
Kahului 214-2337

Hot Lava DanceFit
900 Front St, Ste F1
Lahaina 214-2337

Maui Powerhouse Gym
1279 S Kihei Rd, Ste 118
Kihei 214-6737

Planet Fitness
32 Hookele St Bldg 8
Kahului 215-7468

South Maui Fitness
95 Lipoa St, Ste C103
Kihei 633-4679

Valley Isle Fitness
41 E Lipoa St, Ste 11
Kihei 874-2844

Venture Physical Therapy
101 Kanani Rd
Kihei 633-4480

\$59 monthly fee

Da Country Flavas
120 Makani Rd
Makawao 573-8735

The Club Maui
4405 Honoapiilani Hwy, Ste 201
Lahaina 633-1765

The Club Maui - Lahaina
900 Front St Bldg D
Lahaina 633-2528

True Pilates
261 Kaupea St
Makawao 359-3131

\$89 monthly fee

All Kine CrossFit
800 Eha St, Ste 2
Wailuku 298-5858

Makena CrossFit
300 Ohukai Rd, Ste B101-B102
Kihei 205-3013

N.E.S.T. New Era Sports Training
1552 Mill St
Wailuku 238-9736

\$119 monthly fee

CrossFit Maui

325 Keawe St, Ste A102
Lahaina 633-1765

CrossFit Maui

300 Maalaea Rd, Ste 202
Wailuku 633-1765

Deep Relief Peak Performance Athletic Training Center

810 Kokomo Rd, Ste 159
Haiku 214-8224

Enjoy the Ride Maui

118 Kupuohi St, Ste C2
Lahaina 667-7772

Fluid Motion Maui

1847 S Kihei Rd, Ste 201
Kihei 227-1113

Maha Yoga & Wellness

24 Luna Ln
Paia 868-6475

Personal Training Maui

1238 Kilou St
Wailuku 280-5787

The Block Lahaina

75 Kupuohi St, Ste 101
Lahaina 286-9422

The Block Maui Napili

5095 Napilihau St, Ste 101
Lahaina 286-9422

Wisdom Flow Yoga

95 Makawao Ave Ste, 202
Makawao 268-4095

Hawai'i Island

\$10 monthly fee

Aloha Fitness Club

215 Railroad Ave, Ste B2
Hilo 933-1544

The Brave Fitness

215 Railroad Ave Ste 2B Bay 3 & 4
Hilo 640-0263

Club Rehab Mauka Clinic

79-7422 Mamalahoa Hwy
Kealahou 322-8400

Fitness Forever

75-5597 Palani Rd
Kailua-Kona 334-1243

Fitness Forever

75-5660 Kopiko St, Ste 1A
Kailua-Kona 334-1243

Hui Malama Ola Na 'Oiwi

1438 Kilauea Ave
Hilo 969-9220

Pacific Island Fitness

74-5583 Luhia St, Ste B9-12
Kailua-Kona 498-0681

Penn Fitness & Training Center

639 Kinoole St
Hilo 961-6989

Planet Fitness

75-1000 Henry St
Kailua-Kona 451-2900

Spencer Health & Fitness Center

197 Keawe St
Hilo 969-1511

YMCA - The Island of Hawaii

300 W Lanikaula St
Hilo 935-3721

\$59 monthly fee

Five Mountain Fitness

65-1290 Kawaihae Rd, Ste 5
Kamuela 887-1116

Kuleana Wellness Club

64-1035 Mamalahoa Hwy, Ste T
Kamuela 780-7355

Pole HI

168 Kilauea Ave
Hilo 937-4437

The Club Kona

75-5699 Kopiko St
Kailua-Kona 326-2582

Yoga Hale - Kona

74-5583 Luhia St Ste A2
Kailua-Kona 206-391-0108

\$89 monthly fee

The Yoga Nest

75-159 Lunapule Rd, Ste 9
Kailua-Kona 895-5053

Waimea Yoga

65-1237 Kawaihae Rd
Kamuela 937-4613

\$119 monthly fee

CrossFit Pohaku Strength & Conditioning

75-5699 Kopiko St, Ste B
Kailua-Kona 960-3752

Hawaii Aerial and Performing Arts – Waikoloa Village

68-1845 Pu'u Nui St
Waikoloa 330-623-7425

Hawaii Aerial and Performing Arts - Waimea

64-1032 Mamalahoa Hwy
Kamuela 330-623-7425

Hot Yoga Hilo

336 Kamehameha Ave, Unit 2
Hilo 215-9220

Lift and Burn

761 Kanoelehua Ave Unit 3
Hilo 215-0316

Yoga Centered

37 Waianuenue Ave
Hilo 934-7233

Yoga Hale – Waimea

64-5193 Kinohou St, Ste 103
Kamuela 938-9980

Kaua'i

\$10 monthly fee

Makana Training Center

9935 Kaumualii Hwy
Waimea 652-5195

\$59 monthly fee

Pu`uwai Fitness Kauai

2731 Ala Kinoiki
Koloa 212-4034

YMCA of Kauai

4477 Nuhou St
Lihue 246-9090

\$89 monthly fee

CrossFit Poipu

2731 Ala Kinoiki
Koloa 652-5330

Fitness by Stacy

3094 Elua St
Lihue 635-1143

Fitness by Stacy

4463 Pahee St, Ste 1
Lihue 635-1143

Kauai CrossFit

4031 Halau St Bay 1&2
Lihue 320-3767

Kauai Yoga on the Beach

420 Papaloa Rd
Kapaa 635-6050

\$119 monthly fee

Barre Soul Deux

4286 Rice St
Lihue 755-5671

Barre Soul Kauai

4-733 Kuhio Hwy
Kapaa 755-5671

Organic Functional Fitness

3580 Koloa Rd
Koloa 639-2313

Lana'i

\$10 monthly fee

Venture Physical Therapy

628 Ilima Ave
Lanai City 463-9508

The Active&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit, the Active&Fit logo, Getting Active Just Got Easier, and Active&Fit Connected! are registered trademarks of ASH and used with permission herein.