

# Local Gym Options

MADISON, WISCONSIN

Great job on completing your 16-week intervention, we can't thank you enough for your time and participation!

*Moving forward*

- We hope you are able to continue a resistance training program on your own, and are here to answer any questions
- Finding a new gym can be hard, so we have compiled this list to help you start the journey!
- Most gyms have at least a one-day free trial so be sure to try out a few before deciding which one fits your needs best
- The gyms listed are sorted from least expensive to most expensive and can be found in the table of contents
- “Consultation at facility” does not mean they are guaranteed more expensive, some gyms, based on your personal goals, decide the best deal for you in combination with the amenities they provide!

# Planet Fitness

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

<b>Locations</b>	<p>89 E Towne Way, Madison, WI 53704          2311 W Broadway, Monona, WI 53713          4538 Verona Rd, Madison, WI 53711          7475 Mineral Point Rd, Madison, WI 53717</p>
<b>Phone Numbers</b>	<p>608-249-5822          608-223-9075          608-982-6707          608-827-8353</p>
<b>Memberships</b>	<p>Classic: \$10 per month          Planet Fitness Black Card: \$24.99 per month</p>
<b>Amenities</b>	<p>Resistance Training Machines *          Cardio Machines *          Free weights          24/7 access to the home club (Classic)          PF App Workouts (Classic)          Free Fitness Training (Classic)          Perks: Partner Rewards &amp; Discounts (Classic)          Bring a Guest (PF Black Card)          Use of Any Planet Fitness Worldwide (PF Black Card)          Tanning (PF Black Card)          Massage Chair (PF Black Card)          Hydromassage (PF Black Card)          Total Body Enhancement - red light technology (PF Black Card)          50% off Select Drinks (PF Black Card)          Premium Perks: Partner Rewards &amp; Discounts (PF Black Card)</p>
<b>Special Offers</b>	<p>\$1 dollar startup fee</p>

# Crunch Fitness

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

<b>Locations</b>	89 E Towne Way, Madison, WI 53704 2311 W Broadway, Monona, WI 53713 4538 Verona Rd, Madison, WI 53711 7475 Mineral Point Rd, Madison, WI 53717
<b>Phone Number</b>	608-535-4300
<b>Memberships</b>	Base: \$10 per month Peak: \$25 per month Peak Results: \$30 per month
<b>Amenities</b>	Resistance Training Machines * Cardio Machines * Open 24/7 Group Fitness classes Personal Training Boxing area babysitting (with Peak Results membership) Sauna HydroMassage Tanning
<b>Special Offers</b>	First month free with \$1

# Wisco Barbell Club

[www.wiscobarbell.club](http://www.wiscobarbell.club)

<b>Locations</b>	539 Tasman Street, Madison, WI 53714
<b>Phone Number</b>	608-298-7191
<b>Memberships</b>	Bronze: \$55 per month Silver: \$199 per month Platinum: \$399 per month
<b>Amenities</b>	<b>Resistance Training Machines *</b> <b>Cardio Machines *</b> Free Weights HIIT Classes Small Group Strength Training Sauna 24/7 availability Coffee bar
<b>Special Offers</b>	10% off any purchase for study participants

# Harbor Athletic Club

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

<b>Locations</b>	2529 Allen Blvd. Middleton, WI 53562
<b>Phone Number</b>	608-831-6500
<b>Memberships</b>	\$65 per month (12 month contract) \$99 per month (No Contract)
<b>Amenities</b>	<b>Resistance Training Machines *</b> <b>Cardio Machines *</b> Free Weights On-demand virtual classes Over 200 classes/wk with membership Personal training & Small group classes Massage Therapy Pools Sauna Daycare

# Bakke Recreation & Wellbeing Center/Nicholas Recreation Center

[www.recwell.wisc.edu](http://www.recwell.wisc.edu)

<b>Locations</b>	1976 Observatory Drive, Madison, WI 53706 (Bakke) 797 W Dayton Street, Madison, WI 53715 (Nicholas)
<b>Phone Number</b>	608-262-8244
<b>Memberships</b>	Day Pass: \$15 Week Pass: \$40 Monthly Membership: \$60
<b>Amenities</b>	<b>Resistance Training Machines *</b> <b>Cardio Machines *</b> Free Weights Recreational Pool Multipurpose courts Ice Arena Climbing/Bouldering Wall Sports Simulators Jogging Track Rooftop Fitness Area Teaching Kitchen Massage Therapy Rooms Peer Wellness Coaching & Meditation

# Orange Theory Fitness

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

<b>Locations</b>	2501 W Beltline Highway, Suite 105 Madison, WI 53713 7803 Mineral Point Rd, Madison, WI 53717
<b>Phone Number</b>	608-709-8099 (Beltline Highway) 608-960-4044 (Mineral Point)
<b>Memberships</b>	Basic - \$69/mo. (4 classes monthly) Elite - \$109/mo. (8 classes monthly) Premier - \$119/mo. (Unlimited classes)
<b>Amenities</b>	<b>Resistance Training Machines *</b> <b>Cardio Machines *</b> Free Weights Personal Trainer Group Fitness Classes Access to 1,300 studios nationwide Mobile app for booking & tracking performance Scientifically based heart rate zone training
<b>Special Offers</b>	\$50 off first month with Premier membership

# Ford's Gym

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

<b>Locations</b>	2114 Winnebago St, Madison, WI 53704
<b>Phone Number</b>	608-709-8099 (Beltline Highway) 608-960-4044 (Mineral Point)
<b>Memberships</b>	Daily Pass - \$10 15 visit punch card - \$120 Three Months - \$160 Six Months - \$255 One year - \$399
<b>Amenities</b>	<b>Resistance training Machines *</b> <b>Cardio Machines *</b> Free Weights Circuit training equipment Boxing classes Personal Training Powerlifting & Strongman equipment
<b>Special Offers</b>	One week free trial for residents

# Supreme Health & Fitness

<https://www.supremehealthfitness.com/about>

<b>Locations</b>	5555 Odana Rd, Madison, WI 53719
<b>Phone Number</b>	608 - 274 - 5080
<b>Memberships</b>	Consultation at facility
<b>Amenities</b>	<b>Resistance Training Machines*</b> <b>Cardio Machines *</b> Free Weights Salt Water Pool Racquetball courts Free Daycare Saunas Tanning Booth Personal & Group training Sessions Online Stream Training Options
<b>Special Offers</b>	Free trial when signing up Discounts for 29 and under & 65 and older

# Anytime Fitness

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

<b>Locations</b>	301 E Campus Mall, Madison, WI 53715 231 S Fair Oaks Ave, Madison, WI 53704 5802 US-51, McFarland, WI 53558
<b>Phone Number</b>	608-237-2717 608-838-8111
<b>Memberships</b>	Required Fitness Consultation at facility
<b>Amenities</b>	<b>Resistance Training Machines*</b> <b>Cardio Machines *</b> Free Weights Access to 5,000+ gyms Group Workouts Open 24/7 Personal Training Tanning Bed (depending on location)

# Functional Integrated Training

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

<b>Locations</b>	5380 King James Way Suite A1, Fitchburg, Wisconsin 5319
<b>Phone Number</b>	608-602-8689
<b>Memberships</b>	Required Phone Consultation
<b>Amenities</b>	<b>Cardio Machines *</b> Free Weights Personal training Small group training Turf Training Youth Sports performance
<b>Special Offers</b>	Discount for Residents

# Capital Fitness

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

<b>Locations</b>	15 N. Butler St. Madison, WI 53703 (EAST) 425 W Washington Ave, Madison WI (WEST)
<b>Phone Number</b>	608-251-1245
<b>Memberships</b>	\$59 per month + \$49 Enrollment Fee (for 1 year membership) Explore the website for more membership options
<b>Amenities</b>	<b>Resistance Training Machines*</b> <b>Cardio Machines *</b> Free Weights Access to Both Locations Free Group Fitness Classes
<b>Special Offers</b>	Students can get special discounts for a 1 year membership

# Madtown Fitness: 24 Hour Gym

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

<b>Locations</b>	1509 Emil St, Madison, WI, 5317
<b>Phone Number</b>	608-270-9606
<b>Memberships</b>	\$59 per month + \$49 Enrollment Fee (for 1 year membership) Explore the website for more membership options
<b>Amenities</b>	<b>Resistance Training Machines*</b> <b>Cardio Machines *</b> Free Weights Access to Both Locations Free Group Fitness Classes
<b>Special Offers</b>	Students can get special discounts for a 1 year membership

# Princeton Club Xpress Madison-Hilldale

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

<b>Locations</b>	625 N Segoe Rd, Madison, WI, 53705
<b>Phone Number</b>	608-442-5400
<b>Memberships</b>	\$59 per month + \$49 Enrollment Fee (for 1 year membership) Explore the website for more membership options
<b>Amenities</b>	<b>Resistance Training Machines*</b> <b>Cardio Machines *</b> Free Weights Access to Both Locations Free Group Fitness Classes
<b>Special Offers</b>	Students can get special discounts for a 1 year membership