**Ormond Beach / Holly Hill**

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anytime Fitness</strong></td>
<td>302 N. Nova Rd. (Trails)</td>
<td>(386) 677-8600</td>
</tr>
<tr>
<td></td>
<td>Ormond Beach, FL 32174</td>
<td></td>
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<tr>
<td><strong>Bodez Fitness Express</strong></td>
<td>1140 W. Granada Blvd.</td>
<td>(386) 672-6464</td>
</tr>
<tr>
<td></td>
<td>Ormond Beach, FL 32174</td>
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<tr>
<td><strong>Gold’s Gym</strong></td>
<td>333 W. Granada Blvd #200</td>
<td>(386) 677-4949</td>
</tr>
<tr>
<td></td>
<td>Ormond Beach, FL 32174</td>
<td></td>
</tr>
<tr>
<td><strong>Ormond Beach YMCA</strong></td>
<td>500 Sterthaus Dr.</td>
<td>(386) 673-9622</td>
</tr>
<tr>
<td></td>
<td>Ormond Beach, FL 32174</td>
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<tr>
<td></td>
<td><em>Pool Available</em></td>
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<tr>
<td><strong>Planet Fitness</strong></td>
<td>910 S. Atlantic Ave.</td>
<td>(386) 677-4000</td>
</tr>
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<td></td>
<td>Ormond Beach, FL 32176</td>
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<tr>
<td><strong>Pro Bodies</strong></td>
<td>1230 N. US1, Suite 8</td>
<td>(386) 676-2377</td>
</tr>
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<td>Ormond Beach, FL 32174</td>
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<tr>
<td><strong>Revive Fitness</strong></td>
<td>180 S. Yonge St.</td>
<td>(386) 676-0009</td>
</tr>
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<td>Ormond Beach, FL 32174</td>
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<tr>
<td><strong>The Body Exchange</strong></td>
<td>175 N. Yonge St., Ste. B</td>
<td>(386) 679-7446</td>
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<td>Ormond Beach, FL 32174</td>
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<tr>
<td><strong>Holly Hill YMCA</strong></td>
<td>1046 Daytona Avenue</td>
<td>(386) 253-5675</td>
</tr>
<tr>
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<td>Holly Hill, FL 32117</td>
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<td><em>Pool Available</em></td>
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</tbody>
</table>

Please check with the facility for the ages accepted. Facilities with ** by their name require a Fitness Evaluation before use.

List is updated monthly and is subject to change.

Updated: 10/04/2018
Daytona Beach / South Daytona

**Ability Health Services**
401 Venture Dr. Suite C
South Daytona, FL 32119
(386) 763-0084

**Greater Fitness**
1500 Beville Rd.
Daytona Beach, FL 32114
(386) 310-7857

**Club Fitness of Daytona**
2014 S. Ridgewood Ave.
South Daytona, FL 32119
(386) 763-9250

**Curves For Women**
2841 S. Nova Rd., Ste. 10
South Daytona, FL 32119
(386) 760-2855

**Green Acres/Iron Mike’s**
Daytona Beach, FL 32124
(386) 258-9502

**Halifax Health Wellness Center**
201 N. Clyde Morris Blvd.
Daytona Beach, FL 32114
(386) 254-4031

**Workout Anytime Daytona Beach Shores**
2136 S. Atlantic Ave., Ste. F
Daytona Beach Shores, FL 32118
(386) 281-3231

Port Orange

**4 Ever Fitness**
4639 Clyde Morris #101
Port Orange, FL 32129
(386) 788-5678

**Anytime Fitness**
3761 S. Nova Rd.
Port Orange, FL 32129
(386) 243-5640

**Port Orange Family YMCA**
4701 City Center Pkwy.
Port Orange, FL 32129
(386) 760-9622
*Pool Available*

St. Augustine/St. Johns County

**Anytime Fitness**
4010 US Hwy. 1 S., #117-119
St. Augustine, FL 32086
(904) 297-2300

**St. Augustine YMCA**
500 Pope Rd.
St. Augustine, FL 32080
(904) 471-9622
*Pool Available*

**Solomon Calhoun Community Center Pool**
1300 Duval
St. Augustine, FL 32084
(904) 824-6770
*Pool Available*

**Planet Fitness**
2477 U.S. Hwy. 1 S.
St. Augustine, FL 32086
(386) 283-4973

**Ponte Vedra YMCA**
170 Landrum Lane
Ponte Vedra Beach, FL 32082
(904) 543-9622
*Pool Available*

Please check with the facility for the ages accepted. Facilities with ** by their name require a Fitness Evaluation before use.

List is updated monthly and is subject to change.
Updated: 10/04/2018
### Edgewater / New Smyrna Beach

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Blue Water Therapy</td>
<td>900 N. Dixie Freeway, Ste. 916</td>
<td>(386) 426-7885</td>
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<td></td>
<td>New Smyrna Beach, FL 32169</td>
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<tr>
<td>Edgewater Fitness Club</td>
<td>2146 S. Riverside Dr., Ste. 1</td>
<td>(386) 410-4731</td>
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<tr>
<td></td>
<td>Edgewater, FL 32141</td>
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<tr>
<td>Heartland Rehabilitation</td>
<td>140 Wallace Road</td>
<td>(386) 427-4866</td>
</tr>
<tr>
<td></td>
<td>New Smyrna Beach, FL 32168</td>
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<tr>
<td>Nautilus By The Sea</td>
<td>4176 S. Atlantic Ave.</td>
<td>(386) 426-0079</td>
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<tr>
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<tr>
<td>NSB Athletic Club</td>
<td>401 Canal St.</td>
<td>(386) 423-4267</td>
</tr>
<tr>
<td></td>
<td>New Smyrna Beach, FL 32168</td>
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<tr>
<td>Snap Fitness</td>
<td>Venetian Bay Town Center</td>
<td>(386) 423-8995</td>
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<td>New Smyrna Beach, FL 32168</td>
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<tr>
<td>Southeast Volusia Family YMCA</td>
<td>148 West Turgot</td>
<td>(386) 409-9622</td>
</tr>
<tr>
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<td>Edgewater, FL 32132</td>
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<tr>
<td>Vision Fitness 24</td>
<td>1998-6 S.R. 44</td>
<td>(386) 506-9415</td>
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### DeLand / Deltona / Orange City

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Ability Health Services **</td>
<td>1565 Saxon Blvd. #301</td>
<td>(386) 851-0901</td>
</tr>
<tr>
<td></td>
<td>Deltona, FL 32725</td>
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<tr>
<td>Brooks Rehabilitation</td>
<td>820 Commed Blvd.</td>
<td>(386) 775-7488</td>
</tr>
<tr>
<td></td>
<td>Orange City, FL 32763</td>
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<tr>
<td>Crunch Fitness Deltona</td>
<td>1200 Deltona Blvd., Ste. 40B</td>
<td>(386) 259-5551</td>
</tr>
<tr>
<td></td>
<td>Deltona, FL 32725</td>
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<tr>
<td>DeLand Family YMCA</td>
<td>761 E. Int’l Spdwy. Blvd</td>
<td>(386) 736-6000</td>
</tr>
<tr>
<td></td>
<td>DeLand, FL 32724</td>
<td></td>
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<td>Pool Available</td>
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<tr>
<td>Florida Fitness World</td>
<td>2479 South Volusia Ave.</td>
<td>(386) 775-1313</td>
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<tr>
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<td>Orange City, FL 32763</td>
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<tr>
<td>Four Townes Family YMCA</td>
<td>280 Wolf Pack Run</td>
<td>(386) 532-9622</td>
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<tr>
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<td>Deltona, FL 32725</td>
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<td>Pool Available</td>
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<tr>
<td>Next Level Fitness, Inc.</td>
<td>1746 S. Woodland Ave.</td>
<td>(386) 734-9900</td>
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<tr>
<td></td>
<td>DeLand, FL 32720</td>
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<tr>
<td>Planet Fitness Deland</td>
<td>348 E. New York Ave.</td>
<td>(386) 873-4911</td>
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<tr>
<td></td>
<td>DeLand, FL 32724</td>
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<tr>
<td>Latow’s Fitness &amp; Nutrition</td>
<td>1060 E. Industrial Dr., Unit J</td>
<td>(386) 228-2444</td>
</tr>
<tr>
<td></td>
<td>Orange City, FL 32763</td>
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Please check with the facility for the ages accepted. Facilities with ** by their name require a Fitness Evaluation before use.

10111- ALL 1018

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Updated: 10/04/2018

10111 - ALL 1018

**FLORIDA HEALTH CARE PLANS PREFERRED FITNESS**

**FLAGLER COUNTY**

- Anytime Fitness
  - 260 Cypress Edge Dr. #106
  - Palm Coast, FL 32164
  - (386) 445-4945

- Belle Terre Swim & Racquet Club
  - 73 Patricia Dr.
  - Palm Coast, FL 32164
  - (386) 446-6717
  - Pool Available

- East Coast Gym of Flagler
  - 4721 E. Moody Blvd., Ste. 405
  - Bunnell, FL 32110
  - (386) 866-1152

- Fitness One, Inc.
  - 250 Old Kings Rd. S.
  - Flagler Beach, FL 32136
  - (386) 439-7707
  - Pool Available

- Frieda Zamba Aquatics
  - 339 Parkview Dr.
  - Palm Coast, FL 32137
  - (386) 986-4741
  - Pool Available

- Just Train Fitness
  - 5 Utility Dr., Ste 1
  - Palm Coast, FL 32137
  - (386) 264-6706

- MPower Fitness
  - 160 Cypress Point Pkwy.
  - Ste. D213
  - Palm Coast, FL 32137
  - (386) 445-2508

- Palm Coast Sports Med **
  - 35 Old Kings Rd. N.
  - Palm Coast, FL 32137
  - (386) 445-5555

- Silver Synergy With Artie G
  - St. Thomas Episcopal Church
  - 5400 Bell Terre Pkwy.
  - Palm Coast, FL 32137
  - (386) 931-3485
  - 10:30 a.m. - 11:30 a.m.
  - Mon., Tues. & Thurs.

- Studio Z Fitness
  - 160 Cypress Point Pkwy #D112
  - Palm Coast, FL 32164
  - (386) 446-4333

- Thriv Fitness Center, LLC
  - 3 Commerce Blvd.
  - Palm Coast, FL 32164
  - (386) 446-7462

- Planet Fitness
  - 7 Old Kings Rd., N., Ste. 20
  - Palm Coast, FL 32137
  - (386) 283-4973
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10111 - ALL 1018

**Anytime Fitness**
1270 Wickham Rd.
Melbourne, FL 32935
(321) 242-0525

**Anytime Fitness**
580 Malabar Rd.
Palm Bay, FL 32907
(321) 821-4640

**Building Bodies Fitness Center**
906 Barton Blvd.
Rockledge, FL 32955
(321) 632-1759

**Fitness Club Merritt Island**
260 E. Merritt Island Cswy., Ste. 2
Merritt Island, FL 32952
(321) 455-2227

**Functionally Fit Fitness Center**
3802 Murrell Rd.
Rockledge, FL 32955
(321) 877-2090

**Planet Fitness Rockledge**
1802 US Highway 1
Rockledge, FL 32955
(321) 433-1331

**Parrish Health & Fitness Center**
2100 Cheney Hwy.
Titusville, FL 32780
(321) 268-6200
*Pool Available*

**Sunbay Fitness**
1450 N. Courtenay Pkwy., Ste. 15B
Merritt Island, FL 32953
(321) 735-4923

**Studio 321 Fitness and Dance**
1260 Malabar Rd., SE
Palm Bay, FL 32907
(321) 722-5685

**Elite Fitness Centers, Inc.**
280 Corporate Way SE
Ste 101
Palm Bay, FL 32909
(321) 676-1002

**Workout Anytime**
3265 Garden St.
Titusville, FL 32796
(321) 607-6100
Please check with the facility for the ages accepted. Facilities with ** by their name require a Fitness Evaluation before use.

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Updated: 10/04/2018
PREFERRED FITNESS MEMBERS

FITNESS EVALUATION SITES
The following facilities are authorized to perform Fitness Evaluations. There is a $35.00 Evaluation fee, payable to the facility doing the evaluation *(Evaluation fee is waived for Medicare members)*.

Please call the facility you choose to schedule an appointment for your evaluation. Identify yourself as a FHCP “Preferred Fitness Program” member. Request an appointment for a “Fitness Evaluation”. These facilities are also available for your exercise program. Please check with your facility of choice for hours of availability.

The evaluation will consist of the following:
- Height & Weight
- Blood Pressure and Pulse Rate
- Body Fat Percentage
- Flexibility and Range of Motion Measures
- Balance
- VO2 Max – A measure of Oxygen consumption during aerobic exercise
- Determine possible limitations / restrictions based on the findings and your health history.

From this information, they will develop a Personal Exercise Prescription designed to maximize your potential. You may take this Prescription to any of our contracted facilities and they will assist you in determining the equipment they have to fit your needs.

<table>
<thead>
<tr>
<th>Halifax Health Wellness Center</th>
<th>Ability Health Services</th>
<th>Ability Health Services</th>
</tr>
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<tbody>
<tr>
<td>201 N. Clyde Morris Blvd.</td>
<td>401 Venture Dr. Suite C</td>
<td>1565 Saxon Blvd. #301</td>
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<tr>
<td>Daytona Beach, FL 32114</td>
<td>South Daytona, FL 32119</td>
<td>Deltona, FL 32725</td>
</tr>
<tr>
<td>(386) 254-4031</td>
<td>(386) 763-0084</td>
<td>(386) 851-0901</td>
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<tr>
<th>Parrish Health &amp; Fitness Center</th>
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<tr>
<td>2100 Cheney Hwy.</td>
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<tr>
<td>Titusville, FL 32780</td>
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<tr>
<td>(321) 268-6200</td>
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