Florida Health Care Plans®

An Independent Licensee of the Blue Cross and Blue Shield Association

FLORIDA HEALTH CARE PLANS

PREFERRED FITNESS

Please check with the facility for the ages accepted.

Facilities with ** by their name require a Fitness Evaluation before use.

Updated: 03/25/2021

10111 - ALL 1219R2

CONTENTS

Volusia County	3
Ormond/Holly Hill	3
Daytona Beach / South Daytona	5
Port Orange	6
Edgewater/New Smyrna	7
Deland/Deltona/Orange City	8
St. Johns County	9
Flagler County	10
Brevard County	12
Seminole County	14

VOLUSIA COUNTY

ORMOND BEACH / HOLLY HILL

ANYTIME FITNESS

302 N. Nova Rd. (Trails)
Ormond Beach, FL 32174

(386) 677-8600

CLICK HERE FOR MAP

ABILITY HEALTH SERVICES & REHABILITATION (HEALTH FITNESS)

290 Clyde Morris Blvd., Ste. A1
Ormond Beach, FL 32174

(386) 898-0443

CLICK HERE FOR MAP

BODEZ FITNESS EXPRESS

1140 W. Granada Blvd.
Ormond Beach, FL 32174

(386) 672-6464

CLICK HERE FOR MAP

GOLD'S GYM

333 W. Granada Blvd #200
Ormond Beach, FL 32174

(386) 677-4949

CLICK HERE FOR MAP

ORMOND BEACH YMCA

500 Sterthaus Dr.
Ormond Beach, FL 32174

(386) 673-9622

Pool Available

CLICK HERE FOR MAP

PLANET FITNESS

910 S. Atlantic Ave.
Ormond Beach, FL 32176

(386) 677-4000

CLICK HERE FOR MAP

PRO BODIES

1230 N. US1, Suite 8
Ormond Beach, FL 32174

(386) 676-2377

CLICK HERE FOR MAP

SKY ACTIVE STRENGTH STUDIO

187 S. Yonge St.
Ormond Beach, FL 32174

(386) 947-7642

CLICK HERE FOR MAP

REVIVE FITNESS

180 S. Yonge St.
Ormond Beach, FL 32174

(386) 676-0009

CLICK HERE FOR MAP

The Body Exchange

175 N. Yonge St., Ste. B
Ormond Beach, FL 32174

(386) 679-7446

CLICK HERE FOR MAP

HOLLY HILL YMCA

1046 Daytona Avenue
Holly Hill, FL 32117

(386) 253-5675

Pool Available

CLICK HERE FOR MAP

BAM – BALANCE IN MOTION FHCP WELLNESS & EDUCATION CENTER

471 S. Nova Rd.
Ormond Beach, FL 32174

(386) 931-3485

Balance in Motion Class

CLICK HERE FOR MAP

Bamboo Athletics

533 N Nova Rd., Ste. 108
Ormond Beach, FL 32174

(383) 227-2997

CLICK HERE FOR MAP

DAYTONA BEACH / SOUTH DAYTONA

ABILITY HEALTH SERVICES **

401 Venture Dr. Suite C
South Daytona, FL 32119

(386) 763-0084

CLICK HERE FOR MAP

ELITE MUAY THAI AND FITNESS

2400 S. Ridgewood Ave., Ste. 63B
South Daytona, FL 32119

(386) 589-1373

CLICK HERE FOR MAP

GOLD'S GYM

1808 W. Int'l Spdwy. Blvd. Ste. 601
Daytona Beach, FL 32114

(386) 281-5959

CLICK HERE FOR MAP

HALIFAX HEALTH WELLNESS CENTER **

201 N. Clyde Morris Blvd.
Daytona Beach, FL 32114

(386) 254-4031

CLICK HERE FOR MAP

CURVES FOR WOMEN

2841 S. Nova Rd., Ste. 10
South Daytona, FL 32119

(386) 760-2855

CLICK HERE FOR MAP

GREEN ACRES/IRON MIKE'S

3127 W. Int'l Spdwy. Blvd.
Daytona Beach, FL 32124

(386) 258-9502

CLICK HERE FOR MAP

PLANET FITNESS

1423 S. Nova Rd.
Daytona Beach, FL 32114

(386) 253-4300

CLICK HERE FOR MAP

GREATER FITNESS

333 Beville Rd.
Daytona Beach, FL 32119

(386) 310-7857

CLICK HERE FOR MAP

GREATER FITNESS

2136 S. Atlantic Ave Suite E&F
Daytona Beach, FL 32118

(386) 333-9029

CLICK HERE FOR MAP

TOTAL NUTRITION GYM

147 W. International Speedway Blvd.
Daytona Beach, FL 32114

(386) 238-0244

CLICK HERE FOR MAP

PORT ORANGE

WORKOUT ANYTIME PORT ORANGE

3840 S. Nova Rd. Ste. C
Port Orange, FL 32127

(386) 238-9902

CLICK HERE FOR MAP

ANYTIME FITNESS

3761 S. Nova Rd.
Port Orange, FL 32129

(386) 243-5640

CLICK HERE FOR MAP

PORT ORANGE FAMILY YMCA

4701 City Center Pkwy.
Port Orange, FL 32129

(386) 760-9622

Pool Available

CLICK HERE FOR MAP

BAM – BALANCE IN MOTION GRACE EPISCOPAL CHURCH

4001 S. Ridgewood Ave.
Port Orange, FL 32127

(386) 931-3485

Balance in Motion Class

CLICK HERE FOR MAP

GREATER FITNESS

4639 Clyde Morris #101
Port Orange, FL 32129

(386) 310-7857

CLICK HERE FOR MAP

EDGEWATER / NEW SMYRNA BEACH

JOURNEY FITNESS CENTER

1998-6 S.R. 44
New Smyrna Beach, FL 32168

(386) 410-7340

CLICK HERE FOR MAP

EDGEWATER FITNESS CLUB

3042 S. Ridgewood Ave.
Edgewater, FL 32141

(386) 402-4917

CLICK HERE FOR MAP

H2 HEALTH

140 Wallace Road
New Smyrna Beach, FL 32168

(386) 427-4866

CLICK HERE FOR MAP

NAUTILUS BY THE SEA

4176 S. Atlantic Ave.
New Smyrna Beach, FL 32169

(386) 426-0079

CLICK HERE FOR MAP

NSB ATHLETIC CLUB

401 Canal St.
New Smyrna Beach, FL 32168

(386) 423-4267

CLICK HERE FOR MAP

SNAP FITNESS

Venetian Bay Town Center
New Smyrna Beach, FL 32168

(386) 423-8995

CLICK HERE FOR MAP

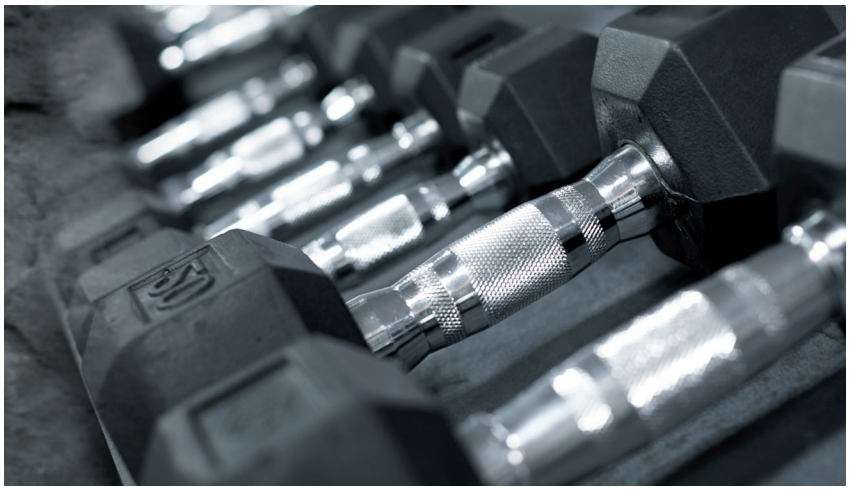
SOUTHEAST VOLUSIA FAMILY YMCA

148 West Turgot
Edgewater, FL 32132

(386) 409-9622

Pool Available

CLICK HERE FOR MAP



DELAND / DELTONA /ORANGE CITY

ABILITY HEALTH SERVICES **

1565 Saxon Blvd. #301
Deltona, FL 32725

(386) 851-0901

CLICK HERE FOR MAP

BROOKS REHABILITATION

820 Commed Blvd.
Orange City, FL 32763

(386) 775-7488

CLICK HERE FOR MAP

CRUNCH FITNESS DELTONA

1200 Deltona Blvd., Ste. 40B
Deltona, FL 32725

(386) 259-5551

CLICK HERE FOR MAP

DELAND FAMILY YMCA

761 E. Int'l Spdwy. Blvd
DeLand, FL 32724

(386) 736-6000

Pool Available

CLICK HERE FOR MAP

FLORIDA FITNESS WORLD

2479 South Volusia Ave.
Orange City, FL 32763

(386) 775-1313

CLICK HERE FOR MAP

FOUR TOWNES FAMILY YMCA

280 Wolf Pack Run
Deltona, FL 32725

(386) 532-9622

Pool Available

CLICK HERE FOR MAP

NEXT LEVEL FITNESS, INC.

1746 S. Woodland Ave.
DeLand, FL 32720

(386) 734-9900

CLICK HERE FOR MAP

PLANET FITNESS DELAND

111 E. International Speedway Blvd
DeLand, FL 32724

(386) 873-4911

CLICK HERE FOR MAP

LATOW'S FITNESS & NUTRITION

1060 E. Industrial Dr., Unit J
Orange City, FL 32763

(386) 228-2444

CLICK HERE FOR MAP

ST. JOHNS COUNTY

ST. JOHNS COUNTY / ST. AUGUSTINE

ANYTIME FITNESS

4010 US Hwy. 1 S., #117-119
St. Augustine, FL 32086

(904) 297-2300

CLICK HERE FOR MAP

ST. AUGUSTINE YMCA

500 Pope Rd.
St. Augustine, FL 32080

(904) 471-9622

Pool Available

CLICK HERE FOR MAP

SOLOMON CALHOUN COMMUNITY CENTER POOL

1300 Duval
St. Augustine, FL 32084

(904) 824-6770

Pool Available

CLICK HERE FOR MAP

PONTE VEDRA YMCA

170 Landrum Lane
Ponte Vedra Beach, FL 32082

(904) 543-9622

Pool Available

CLICK HERE FOR MAP

PLANET FITNESS

2477 U.S. Hwy. 1 S.
St. Augustine, FL 32086

(386) 283-4973

CLICK HERE FOR MAP

YMCA AT FLAGLER HEALTH+ VILLAGE

98 Turin Terrace
St. Augustine, FL 32092

(904) 500-9622

CLICK HERE FOR MAP

FLAGLER COUNTY

ABILITY HEALTH SERVICES & REHABILITATION (HEALTH FITNESS)

10 Cypress Point Pkwy., Unit 106
Palm Coast, FL 32164

(386) 445-4945

CLICK HERE FOR MAP

BELLE TERRE SWIM & RACQUET CLUB

73 Patricia Dr.
Palm Coast, FL 32164

(386) 446-6717

Pool Available

CLICK HERE FOR MAP

EAST COAST GYM OF FLAGLER

4721 E. Moody Blvd., Ste. 405
Bunnell, FL 32110

(386) 866-1152

CLICK HERE FOR MAP

FITNESS ONE, INC.

250 Old Kings Rd. S.
Flagler Beach, FL 32136

(386) 439-7707

Pool Available

CLICK HERE FOR MAP

FRIEDA ZAMBA AQUATICS

339 Parkview Dr.
Palm Coast, FL 32137

(386) 986-4741

Open Swim

CLICK HERE FOR MAP

JUST TRAIN FITNESS

300 Palm Coast Pkwy. SW, Ste. 5
(in the St. Joe's Plaza)
Palm Coast, FL 32137

(386) 264-6706

CLICK HERE FOR MAP

MPOWER FITNESS

160 Cypress Point Pkwy. Ste. D213
Palm Coast, FL 32137

(386) 445-2508

CLICK HERE FOR MAP

PALM COAST SPORTS MED **

35 Old Kings Rd. N.
Palm Coast, FL 32137

(386) 445-5555

CLICK HERE FOR MAP

PLANET FITNESS

7 Old Kings Rd., N., Ste. 20
Palm Coast, FL 32137

(386) 283-4973

CLICK HERE FOR MAP

SOUTHSIDE STRENGTH GYM

501 North State St., Ste. 1
Bunnell, FL 32110

(386) 589-1373

CLICK HERE FOR MAP

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.

CLICK HERE FOR MAP

STUDIO Z FITNESS

160 Cypress Point Pkwy #D112
Palm Coast, FL 32164

(386) 446-4333

CLICK HERE FOR MAP

BREVARD COUNTY

ANYTIME FITNESS

1515 Palm Bay Rd., NE
Melbourne, FL 32905

(321) 473-8923

CLICK HERE FOR MAP

ANYTIME FITNESS

1270 Wickham Rd.
Melbourne, FL 32935
Ste. 34
(321) 242-0525

CLICK HERE FOR MAP

ANYTIME FITNESS

580 Malabar Rd.
Palm Bay, FL 32907

(321) 821-4640

CLICK HERE FOR MAP

BUILDING BODIES FITNESS CENTER

906 Barton Blvd.
Rockledge, FL 32955

(321) 632-1759

CLICK HERE FOR MAP

FITNESS CLUB MERRITT ISLAND

260 E. Merritt Island Cswy., Ste. 2
Merritt Island, FL 32952

(321) 455-2227

CLICK HERE FOR MAP

FUNCTIONALLY FIT FITNESS CENTER

3802 Murrell Rd.
Rockledge, FL 32955

(321) 877-2090

CLICK HERE FOR MAP

PLANET FITNESS ROCKLEDGE

1802 US Highway 1
Rockledge, FL 32955

(321) 433-1331

CLICK HERE FOR MAP

WORKOUT ANYTIME

123 E. Merritt Ave.
Merritt Island, FL 32953

(321) 394-8550

CLICK HERE FOR MAP

FITNESS CLUB M I

1450 N. Courtenay Pkwy., Ste 15
Merritt Island, FL 32953

(321) 305-5870

CLICK HERE FOR MAP

WORKOUT ANYTIME

3265 Garden St.
Titusville, FL 32796

(321) 607-6100

CLICK HERE FOR MAP

ELITE FITNESS CENTERS, INC.

280 Corporate Way SE Ste 101
Palm Bay, FL 32909

(321) 676-1002

CLICK HERE FOR MAP

STUDIO 321 FITNESS AND DANCE

1260 Malabar Rd., SE
Palm Bay, FL 32907

(321) 722-5685

CLICK HERE FOR MAP

HEALTHY EVOLUTION FITNESS

2825 Garden St.
Titusville, FL 32796

(321) 269-5005

CLICK HERE FOR MAP

HEALTHY EVOLUTION FITNESS

195 N. Brevard Ave., Ste. A
Cocoa Beach, FL 32931

321-785-3240

CLICK HERE FOR MAP

WORKOUT ANYTIME TITUSVILLE

3265 Garden St #65b
Titusville, FL 32796

321-607-6100

CLICK HERE FOR MAP

TITUSVILLE YMCA FAMILY CENTER

2400 Harrison St.
Titusville, FL 32780

(321) 267-8924

CLICK HERE FOR MAP

SEMINOLE COUNTY

ABILITY HEALTH SERVICES

1200 Lexington Green Ln.
Sanford, FL 32771

(407) 322-3442

CLICK HERE FOR MAP

ABILITY HEALTH SERVICES

1337 S. International Pkwy., #1321
Lake Mary, FL 32746

(407) 833-0802

CLICK HERE FOR MAP

ABILITY HEALTH SERVICES

901 Douglas Ave., Ste. 105
Altamonte Springs, FL 32714

(407) 865-7153

CLICK HERE FOR MAP

ABILITY HEALTH SERVICES

7400 Red Bug Lake Rd.
Oviedo, FL 32765

(407) 971-2774

CLICK HERE FOR MAP

PLATINUM GYM

4050 W. State Rd. 46
Sanford, FL 32771

(407) 330-1203

CLICK HERE FOR MAP

PLANET FITNESS CASSELBERRY

204 Sausalito Blvd.
Casselberry, FL 32707

(407) 332-4496

CLICK HERE FOR MAP

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.

HALIFAX HEALTH WELLNESS CENTER

201 N. Clyde Morris Blvd.
Daytona Beach, FL 32114

(386) 254-4031

CLICK HERE FOR MAP

ABILITY HEALTH SERVICES

401 Venture Dr. Suite C
South Daytona, FL 32119

(386) 763-0084

CLICK HERE FOR MAP

ABILITY HEALTH SERVICES

290 Clyde Morris Blvd., Ste. A1
Ormond Beach, FL 32174

(386) 851-0901

CLICK HERE FOR MAP

PARRISH HEALTH & FITNESS CENTER

2100 Cheney Hwy.
Titusville, FL 32780

(321) 268-6200

CLICK HERE FOR MAP

Florida Health Care Plans®

An Independent Licensee of the Blue Cross and Blue Shield Association

HMO coverage is offered by Florida Blue Medicare, Inc., DBA FHCP Medicare, an Independent Licensee of the Blue Cross and Blue Shield Association. FHCP Medicare is administered by Florida Health Care Plan, Inc.