

Washington Township Discounts for Gym Memberships, Classes, Health Coaching					Washington Township Discounts for Gym Memberships, Classes, Health Coaching				
Organization	Upcoming Program, Class, or Event	Benefits (to MSD employee and/or child)	Date(s)	Time(s)	Location	Website	Contact Person	Phone #	Email Address
9 Round Gym	30-minute, total-body, kickboxing circuit – different every day. Every 3 min you move to the next exercise station (next round). After nine rounds, your 30-minute full-body workout is over!	Bring your MSDWT badge! \$25 registration fee for MSDWT Employees (usually \$199) \$58 per month for MSDWT Employees (usually \$118/month)	<b>Mon - Sat</b> Closed on Sundays.	Mon - Fri, 7 am - 9 pm. Sat, 8 am - 1:30 pm. Closed on Sundays.	3742 East 82nd St (near The District Tap on 82nd St and Dean Rd)	<a href="https://www.9round.com/fitness/Indianapolis-IN-x9302">https://www.9round.com/fitness/Indianapolis-IN-x9302</a>	Michelle = owner who authorized this discount	317.436.8004	
Burn Boot Camp - Carmel	The Best 45 Minutes of Your Day	Saturday workouts are FREE and open to the community. 14 Day Test Drive - unlimited camps, complimentary child watch, a supportive community. During the 14 Day Test Drive bring your MSDWT badge and ask Dana about the military service discount and/or the teacher discount.	<b>Mon - Sat</b> Closed on Sundays.	Mon - Fri, 5 am (co-ed), 5:30 am, 6:30 am, 8:30 am*, 9:30 am*, 4:30 pm*, 5:30 pm* (co-ed), and 6:30 pm* (co-ed). Sat camps are at 8:30 am* (co-ed), 9:30 am* (co-ed). Closed on Sundays. *child watch available	12955 Old Meridian Street Carmel, IN 46032	<a href="http://www.burnbootcamp.com/carmel-in">www.burnbootcamp.com/carmel-in</a>	Dana, Burn Ambassador	317.663.8046	<a href="mailto:carmelin@burnbootcamp.com">carmelin@burnbootcamp.com</a>
Washington Health & Wellness Center	1:1 Health Coaching	FREE to all MSDWT staff. Text, call, or email Marcy to schedule an appointment (in person or via video or via phone)	<b>Tuesdays &amp; Thursdays</b>	10 am - 6 pm (by appointment)	Washington Township Health & Wellness Center		Marcy Abner, RD, CHC	463.224.2188	<a href="mailto:mabner@iuhealth.org">mabner@iuhealth.org</a>
Community & Continuing Education	Total Body Conditioning Instructor: Missy McAllister	\$40.00 for MSDWT Employees \$70.00 for Non-MSDWT Employees	<b>Tuesdays &amp; Thursdays</b> 9/3/19 to 10/24/19 No class on 10/8/19 or 10/10/19	5:30 - 6:30 pm	Hilltop Gym (on the North Central High School campus; east side of NCHS) 1915 E. 86th St. Indianapolis, IN 46240.	<a href="https://www.indyadulthood.com/copy-of-cpr">https://www.indyadulthood.com/copy-of-cpr</a>	For more information or to register please call Diana Cochran	317.259.5275	<a href="mailto:dcochran@msdwt.k12.in.us">dcochran@msdwt.k12.in.us</a>
Community & Continuing Education	Belly Dancing	\$60	<b>Mondays</b>	6:30 pm - 7:30 pm	J. Everett Light Career Center - Room G340	<a href="https://www.indyadulthood.com/copy-of-spanish">https://www.indyadulthood.com/copy-of-spanish</a>	For more information or to register please call Diana Cochran. <b>NOTE: You must register through Community &amp; Con't Edu prior to starting this class</b>	317.259.5275	<a href="mailto:dcochran@msdwt.k12.in.us">dcochran@msdwt.k12.in.us</a>

Community & Continuing Education	Water Fitness Classes <b>WF</b> = Water Fitness <b>GWF</b> = Gentle Water Fitness <b>AFA</b> = Arthritis Foundation Aquatics <b>APW</b> = Aquatic Power Workout  Instructors: Patsy Watkins, Diana Cochran	\$5 per class for MSDWT Employees \$10 per class for Non-MSDWT Employees	<b>Session 4: 8/12/19 – 10/18/19</b> (9 weeks) No classes on 9/2/19 (Labor Day) or 10/7/19 - 10/11/19 (Fall Break)	<b>Class Schedule (Subject To Change):</b> Monday: 5:30 pm <b>WF</b> 6:30 pm <b>AFA</b> Tuesday: 6:45 am <b>GWF</b> 9:00 am <b>APW</b> 10:00 am <b>AFA</b> Wednesday: 10:00 am <b>GWF</b> 1:30 pm <b>AFA</b> 5:30 pm <b>WF</b> 6:30 pm <b>AFA</b> Thursday: 6:45 am <b>WF</b> 9:00 am <b>APW</b> 10:00 am <b>AFA</b> Friday: 10:00 am <b>AFA</b>	Hilltop School 1915 E. 86th St. Zip = 46240.	<a href="https://www.indyadulthood.com/aquatics">https://www.indyadulthood.com/aquatics</a>	For more information or to register please call Diana Cochran. <b>NOTE: You must register through Community &amp; Continuing Education prior to starting a class</b>	317.259.5275	<a href="mailto:dcochran@msdwt.k12.in.us">dcochran@msdwt.k12.in.us</a>
Northview Middle School	Better Together! 8-Week, Team-Based, Wellness Challenge	FREE to all MSDWT staff	<b>Challenge Dates:</b> Sept 5th - Oct 25th (8 weeks) <b>Group Meetings:</b> Thursday 9/5/19 Thursday 9/19/19 Thursday 10/3/19 Thursday 10/17/19	4:45 - 5:30 pm	Northview Middle School LGI, down hall B		Marcy Abner, RD, CHC	463.224.2188	<a href="mailto:mabner@iuhealth.org">mabner@iuhealth.org</a>
Washington Health & Wellness Center	Grocery Store Tours (Fresh Thyme, Kroger, others by request)	FREE to all MSDWT staff	<b>4th Tuesday of every month</b> (starting 9/24/19)	4:45 pm - 5:45 pm	<b>Fresh Thyme</b> on 9/24/19 - 2342 West 86th St. <b>Aldi</b> on 10/24/19 - 1440 East 86th St. (This location is west of the Westfield & 86th St. intersection and on the right before you get to Whole Foods.)		Marcy Abner, RD, CHC	463.224.2188	<a href="mailto:mabner@iuhealth.org">mabner@iuhealth.org</a>
YMCA of Greater Indianapolis (Jordan, Witham, Fishers, Benjamin Harrison, Avondale Meadows, Ransburg, Baxter, Athenaeum, City Market, Cityway)	YMCA Membership	Bring your MSDWT badge! 100% off the joining fee 10% off monthly rates <b>YMCA Benefits Include:</b> Exceptional facilities and friendly, experienced staff to help you achieve your goals. FREE land and water group exercise classes. FREE appointments with a YMCA Wellness Coach. FREE family nights and member events. FREE quality child watch while you work out (with household memberships). No contracts.	<b>Sunday - Saturday</b>	<b>Hours may vary by location.</b> The following hours are for the <b>Jordan YMCA</b> (across the street from Northview Middle School). Mon - Fri 5 am - 10 pm. Sat 7 am - 7 pm. Sun 11 am - 6 pm.	Jordan YMCA 8400 Westfield Blvd. Indianapolis, IN 46240	<a href="https://indymca.org/">https://indymca.org/</a>		Jordan YMCA 317.253.3206	

Washington Health & Wellness Center; connected to Northview Middle School (Door 19A South). West of the North Central High School tennis courts.	Weight Management - What Does the Science Say?	FREE Do you want to learn 7 evidence-based interventions for weight loss and discover what might work best for you/your body? If so, I am here to explain the science behind the interventions and empower you to choose a way of eating that is likely to help you achieve your health goals and be sustainable over the long-term. Areas of focus will include mindset, the establishment of healthy, sustainable habits, troubleshooting, and encouragement. I hope that you join us!	<b>2 Tuesdays in Sept &amp; 2 Tuesdays in Oct</b> (9/17, 9/24, 10/22, 10/29) On 9/24/19 class will meet at Fresh Thyme - 2342 West 86th St.	4:30-5:30 pm	Washington Health & Wellness Center at Northview Middle School (Door 19A South). 8401 Westfield Blvd. Indianapolis, IN 46240. We will enter Northview Middle School using the True North entrance.		Marcy Abner, RD, CHC	463.224.2188	<a href="mailto:mabner@iuhealth.org">mabner@iuhealth.org</a>
Washington Health & Wellness Center; connected to Northview Middle School (Door 19A South). West of the North Central High School tennis courts.	Walking Club	FREE	<b>1 Tuesday in Sept &amp; 2 Tuesdays in Oct</b> (9/17, 10/1, 10/22)	2:45 - 3:30 pm	Washington Health & Wellness Center Northview Middle School (Door 19A South). 8401 Westfield Blvd. Indianapolis, IN 46240		Marcy Abner, RD, CHC	463.224.2188	<a href="mailto:mabner@iuhealth.org">mabner@iuhealth.org</a>
Planet Fitness		No additional discount for MSDWT staff; however, rates are lower than most gyms. Monthly dues = \$10 for classic membership; \$21.99 for PF black card membership. Enrollment fee (currently \$29 for classic; \$1 for PF black card). Annual fee (currently \$39) may change - please contact preferred location for details. 1 benefit of PF black card = you may bring a guest with you at any time.	<b>Sunday - Saturday</b>	Open 24 hours Mon - Fri. Opens 12 am Mon and closes 9 pm Fri. Sat and Sun, 7 am - 7 pm.	2302 W 86th St. Indianapolis, IN 46260	<a href="https://www.planetfitness.com/gyms/indianapolis-86th-st">https://www.planetfitness.com/gyms/indianapolis-86th-st</a>			317.731.5926