

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.<sup>1</sup>

For assistance with locating a participating fitness center or for the most recent information, visit [ActiveandFit.com](http://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 HWMG Wellness at [HWMGwellness@hwmg.org](mailto:HWMGwellness@hwmg.org).

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.

<sup>1</sup>Non-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 Ranee**

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

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## \$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

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## \$10 monthly fee

### **Venture Physical Therapy**

628 Ilima Ave  
Lanai City 463-9508

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