

Ormond Beach / Holly Hill

Anytime Fitness

302 N. Nova Rd. (Trails)
Ormond Beach, FL 32174
(386) 677-8600

Gold's Gym

333 W. Granada Blvd #200
Ormond Beach, FL 32174
(386) 677-4949

Pro Bodies

1230 N. US1, Suite 8
Ormond Beach, FL 32174
(386) 676-2377

The Body Exchange

175 N. Yonge St., Ste. B
Ormond Beach, FL 32174
(386) 679-7446

Ability Health Services & Rehabilitation (Health Fitness)

290 Clyde Morris Blvd., Ste. A1
Ormond Beach, FL 32174
(386) 898-0443

Ormond Beach YMCA

500 Sterthaus Dr.
Ormond Beach, FL 32174
(386) 673-9622
Pool Available

Perfect Storm Hardcore Training Gym

1734 A State Ave.
Holly Hill, FL 32117
(386) 681-8361

Holly Hill YMCA

1046 Daytona Avenue
Holly Hill, FL 32117
(386) 253-5675
Pool Available

Bodez Fitness Express

1140 W. Granada Blvd.
Ormond Beach, FL 32174
(386) 672-6464

Planet Fitness

910 S. Atlantic Ave.
Ormond Beach, FL 32176
(386) 677-4000

Revive Fitness

180 S. Yonge St.
Ormond Beach, FL 32174
(386) 676-0009

Sky Active Strength Studio

187 S. Yonge St.
Ormond Beach, FL 32174
(386) 947-7642

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

Daytona Beach / South Daytona

Ability Health Services **

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

Club Fitness of Daytona

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

Halifax Health

Wellness Center **

201 N. Clyde Morris Blvd.
Daytona Beach, FL 32114
(386) 254-4031

Total Nutrition Gym

147 W. International Speedway Blvd.
Daytona Beach, FL 32114
(386) 238-0244

Elite Muay Thai and Fitness

2400 S. Ridgewood Ave., Ste. 63B
South Daytona, FL 32119
Phone: (386) 589-1373

Curves For Women

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

Planet Fitness

1423 S. Nova Rd.
Daytona Beach, FL 32114
(386) 253-4300

Workout Anytime Daytona Beach Shores

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

Greater Fitness

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

Green Acres/Iron Mike's

3127 W. Int'l Spdwy. Blvd.
Daytona Beach, FL 32124
(386) 258-9502

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

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

St. Augustine YMCA

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

Ponte Vedra YMCA

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

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Edgewater / New Smyrna Beach

Blue Water Therapy

900 N. Dixie Freeway, Ste. 916
New Smyrna Beach, FL 32169
(386) 426-7885
Pool Available

Edgewater Fitness Club

3042 S. Ridgewood Ave.
Edgewater, FL 32141
(386) 402-4917

Heartland Rehabilitation

140 Wallace Road
New Smyrna Beach, FL 32168
(386) 427-4866

Nautilus By The Sea

4176 S. Atlantic Ave.
New Smyrna Beach, FL 32169
(386) 426-0079

NSB Athletic Club

401 Canal St.
New Smyrna Beach, FL 32168
(386) 423-4267

Snap Fitness

Venetian Bay Town Center
New Smyrna Beach, FL 32168
(386) 423-8995

Southeast Volusia Family YMCA

148 West Turgot
Edgewater, FL 32132
(386) 409-9622
Pool Available

Vision Fitness 24

1998-6 S.R. 44
New Smyrna Beach, FL 32168
(386) 506-9415

DeLand / Deltona / Orange City

Ability Health Services **

1565 Saxon Blvd. #301
Deltona, FL 32725
(386) 851-0901

Brooks Rehabilitation

820 Commed Blvd.
Orange City, FL 32763
(386) 775-7488

Crunch Fitness Deltona

1200 Deltona Blvd., Ste. 40B
Deltona, FL 32725
(386) 259-5551

DeLand Family YMCA

761 E. Int'l Spdwy. Blvd
DeLand, FL 32724
(386) 736-6000
Pool Available

Florida Fitness World

2479 South Volusia Ave.
Orange City, FL 32763
(386) 775-1313

Four Townes Family YMCA

280 Wolf Pack Run
Deltona, FL 32725
(386) 532-9622
Pool Available

Next Level Fitness, Inc.

1746 S. Woodland Ave.
DeLand, FL 32720
(386) 734-9900

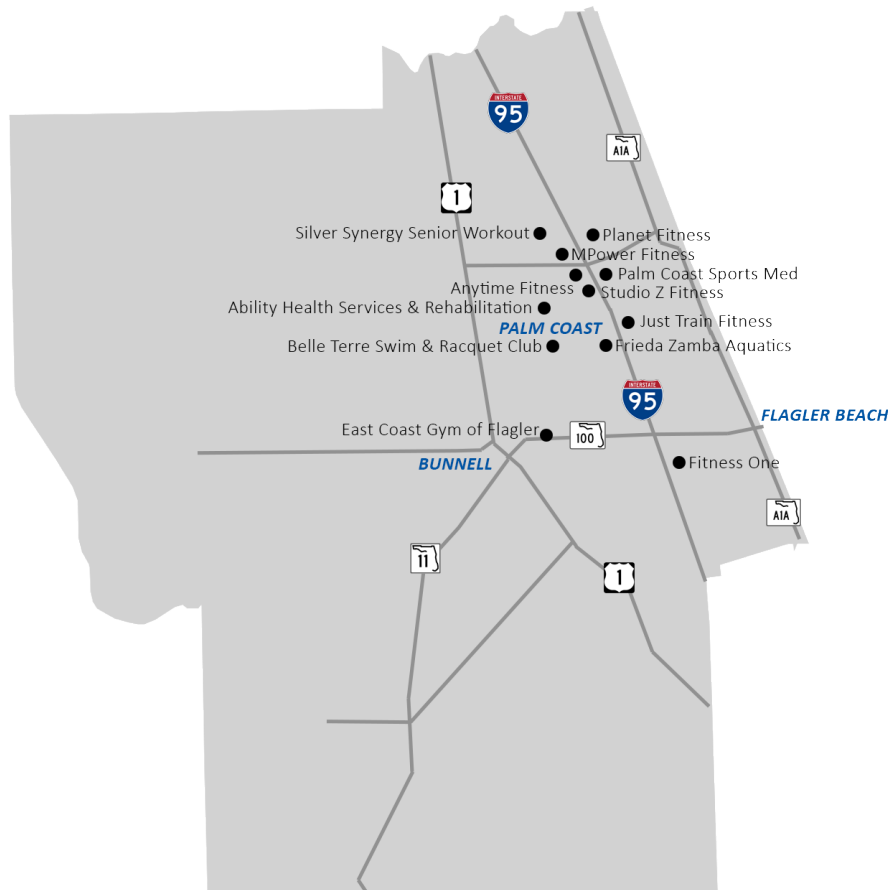
Planet Fitness Deland

348 E. New York Ave.
DeLand, FL 32724
(386) 873-4911

Latow's

Fitness & Nutrition
1060 E. Industrial Dr., Unit J
Orange City, FL 32763
(386) 228-2444

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



Ability Health Services & Rehabilitation (Health Fitness)

10 Cypress Point Pkwy., Unit 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
CLOSED FOR SEASON

Just Train Fitness

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

Planet Fitness

7 Old Kings Rd., N., Ste. 20
Palm Coast, FL 32137
(386) 283-4973

Silver Synergy With Artie G

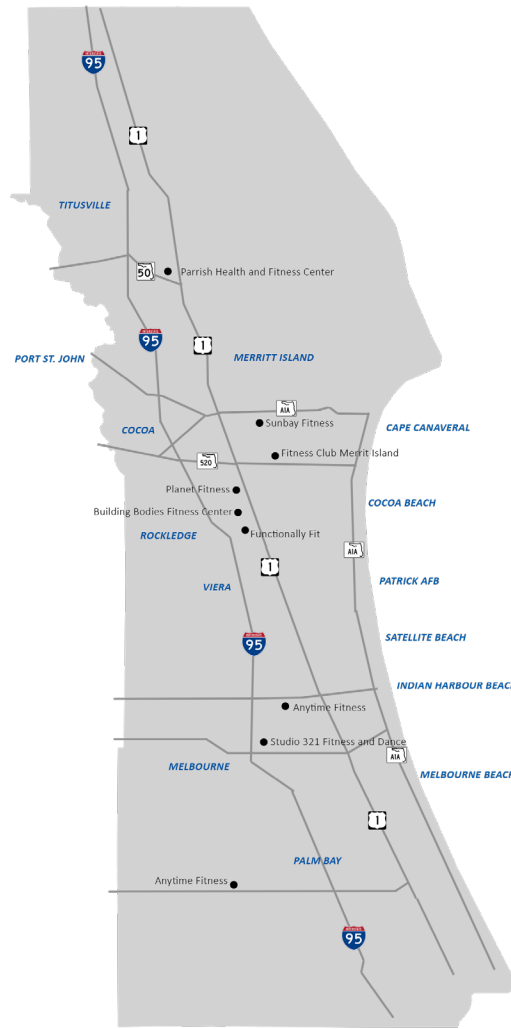
St. Thomas Episcopal Church
5400 Bell Terre Pkwy.
Palm Coast, FL 32137
(386) 931-3485

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

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



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

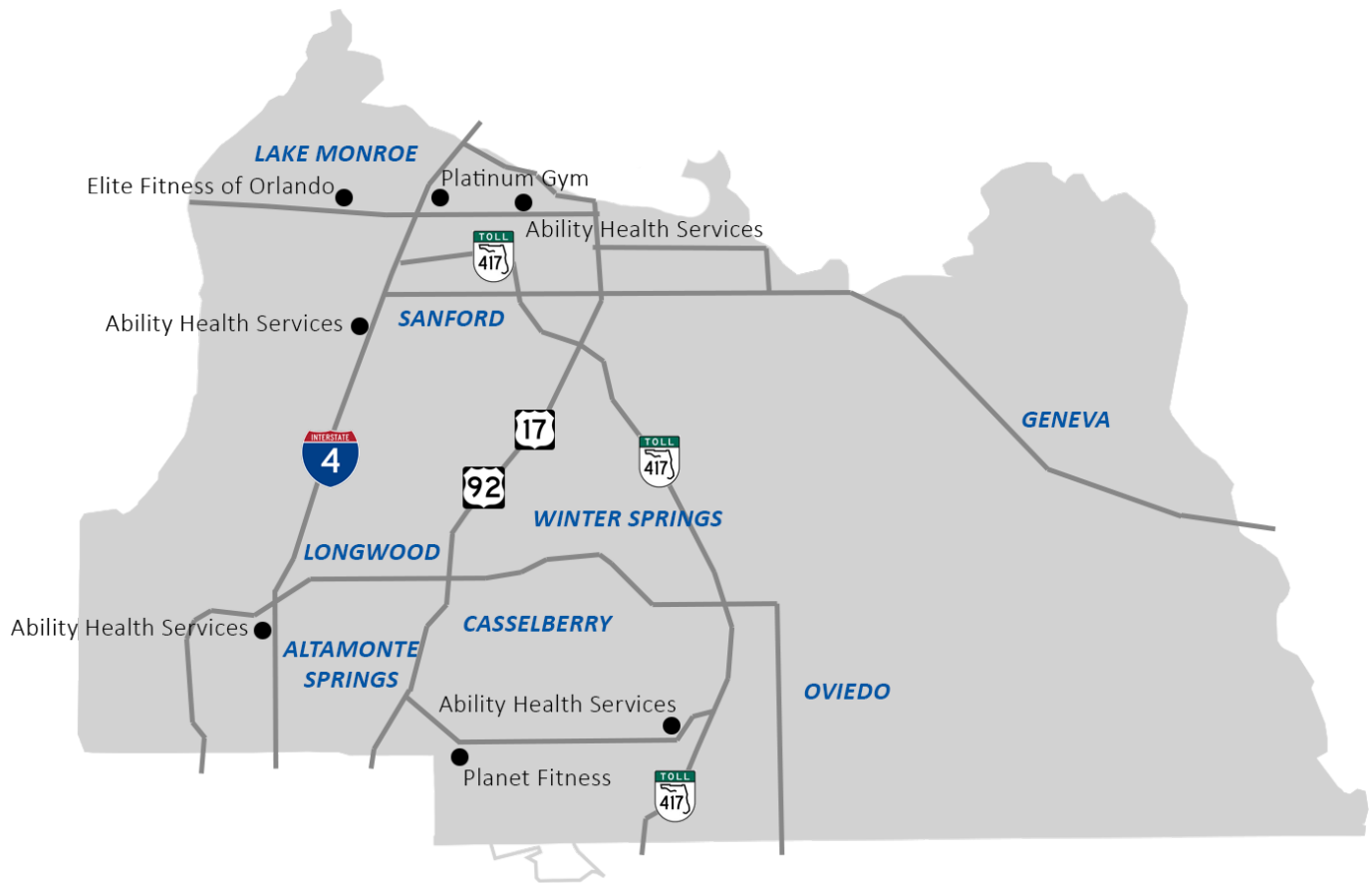
Elite Fitness Centers, Inc.

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.



Ability Health Services

1200 Lexington Green Ln.
Sanford, FL 32771
(407) 322-3442

Ability Health Services

901 Douglas Ave., Ste. 105
Altamonte Springs, FL 32714
(407) 865-7153

Elite Fitness of Orlando

5600 S.R. 46, Ste. 1012
Sanford, FL 32771
(407) 322-5557

Platinum Gym

4050 W. State Rd. 46
Sanford, FL 32771
(407) 330-1203

Ability Health Services

1337 S. International Pkwy.,
#1321
Lake Mary, FL 32746
(407) 833-0802

Ability Health Services

7400 Red Bug Lake Rd.
Oviedo, FL 32765
(407) 971-2774

Planet Fitness Casselberry

204 Sausalito Blvd.
Casselberry, FL 32707
(407) 332-4496

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

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

Ability Health Services

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

Ability Health Services

1565 Saxon Blvd. #301
Deltona, FL 32725
(386) 851-0901

Parrish Health & Fitness Center

2100 Cheney Hwy.
Titusville, FL 32780
(321) 268-6200



FHCP Medicare is an HMO plan with a Medicare contract. Enrollment in FHCP Medicare depends on contract renewal. HMO coverage is offered by Health Options, Inc., DBA FHCP Medicare, an affiliate of Florida Blue and an Independent Licensee of the Blue Cross and Blue Shield Association. FHCP Medicare is administered by Florida Health Care Plan, Inc.