

# Eliance Wellness Preferred Partners

*Empowering members to achieve their best health.*

We recognize that you want options that appeal to your unique desires and goals in your wellness journey. The businesses listed below offer discounts to employees and families who have either a Lancaster General Health/Penn Medicine employee badge or a Member ID card with the Eliance Health Solutions logo.

## Crossfit Lancaster

**3515 Columbia Ave, Lancaster PA 17603**

[www.crossfitlancaster.com](http://www.crossfitlancaster.com)

Providing the location, programming, and coaching you need to get better. The training you will do here will not only make you stronger and faster, physically and mentally, it will give you the confidence you need to improve literally every other aspect of your life.

Service	Discounted Rate
Membership: 3x/week	\$100/month
Membership: unlimited	\$115/month

## emPower Training Systems

**276 Granite Run Drive, Lancaster, PA 17601**

[www.empowertrainingsystems.com](http://www.empowertrainingsystems.com)

Training programs include 3 key areas for success: exercise, nutrition, and mindset. Coaches will motivate, encourage and bring out the best in you.

Service	Discounted Rate
Personal training packages	10% off any package

## Figure Firm Spa

**1400 Elm Avenue, Lancaster, PA 17603**

[www.figurefirmfitness.com](http://www.figurefirmfitness.com)

Lancaster's premier full service fitness facility for women. Specializing and caring for women's fitness for over 30 years and dedicated to offering a warm welcome and personalized support.

Service	Discounted Rate
1 year membership	\$25/month
Enrollment Fee	0

## Formula Fitness

**2495 Lincoln Highway E, Lancaster, PA 17602**

[www.goformulafitness.com](http://www.goformulafitness.com)

A non intimidating fitness environment where everyone can feel comfortable.

Free fitness evaluations, free individualized exercise programs, over 40 group fitness classes, large cardiovascular area, cardio theater, large selection of free weights.

Service	Discounted Rate
Membership	\$12.99/month

## Mmaxout Madness

**22 Denver Road, Denver, PA 17517**

[www.mmaxoutmadness.com](http://www.mmaxoutmadness.com)

Offers a wide array of high and low impact class choices that combine the best elements of highly functional exercises, overall strength & core conditioning, cardio kickboxing, MMA drills, heavy bag work (kicks and punches), along with many other proven techniques.

Service	Discounted Rate
Individual Unlimited Membership	\$48/month
2 or more household membership	\$45/month
8 class punchcard	\$45

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## McMillan Training Systems

1148 Elizabeth Ave, Lancaster, PA 17601

[www.mcmillantraining.net](http://www.mcmillantraining.net)

Consisting of a boot camp/obstacle training area and weight training/athletic space. McTS offers its clients the ability to train in many style, such as HIIT (Cross fit), Strongman, Powerlifting and Spartan obstacle racing.

Service	Discounted Rate
Membership	\$25/month
Membership + written workouts	\$50/month
Personal training: 1-on-1/small group: - 1 hour sessions 3x/week	\$120/month

## New York Fitness Clubs

Various locations - Lebanon, Palmyra, Elizabethtown

[www.newyorkfitnessclubs.com](http://www.newyorkfitnessclubs.com)

Bright, modern fitness centers offer all the amenities you'd expect to find in larger gyms, but in friendly, hassle-free environment that welcomes members of all ages and abilities.

Service	Discounted Rate
Startup fee (Plan A)	\$99 or less
Startup fee (Liberty Card)	\$49 or less

*\*If start up fee is on special, you will receive the lowest rate possible.*

## Power Train Sports and Fitness

Various locations

[www.powertrainsports.com](http://www.powertrainsports.com)

Power Train trains aspiring and established professional athletes, high school and collegiate athletes and motivated adults of all ages and abilities.

Service	Discounted Rate
Personal Training	
2x/week	\$179/month
3x/week	\$224/month
4x/week	\$269/month

## The Dailey Method

309 Hockersville Road, Hershey, PA 17033

[www.thedaileymethod.com](http://www.thedaileymethod.com)

Combining the best of pilates, cycle, core conditioning, and ballet barre training, our classes are an ever-evolving mix of movement that offer extreme benefits for the body and mind.

Service	Discounted Rate
Dailey 5 - 5 classes per month	\$89/month (3 mo. contract) \$75/month (1 year contract)
Dailey Cycle - unlimited classes	\$129/month (3 mo. contract) \$119/month (1 year contract)
Dailey Barre - unlimited classes	\$129/month (3 mo. contract) \$119/month (1 year contract)
Dailey Barre & Cycle - unlimited	\$139/month (3 mo. contract) \$129/month (1 year contract)

## Connect Your Center!

If your fitness center is not on this list and they express interest in joining the Eliance Preferred Partners List, they can contact us directly at: [SM-CorporateHealth@lghealth.org](mailto:SM-CorporateHealth@lghealth.org)

**Eliance Health Solutions**

Lancaster General Health

Eliance Administrators | Eliance Wellness | Eliance Occupational Medicine | Eliance Preferred Network  
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