



Prime Fitness is a commercial fitness program and is now available to individuals in the 18-64 age group, inspiring participants to take charge of their own health and fitness, stay motivated and active. Prime Fitness is available to members of participating health plans and employer groups.

Prime gives members unlimited access to thousands of fitness locations across the country, now including J. Cleo Thompson Wellness Center!

Any increase in physical activity levels can improve overall health. According to federal physical activity guidelines, American adults should try to accumulate 2.5 hours per week of moderate-intensity aerobic physical activity, or 1.25 hours of vigorous activity. Physical activity can also mitigate health-related risks and improve the quality of life for those who already have chronic conditions.

ABOUT PRIME FITNESS

Prime Fitness creates a single, simple membership program with flexibility and features designed to overcome excuses. Prime provides reciprocal membership at more than 10,000 participating facilities nationwide, from gyms and sports facilities to specialty fitness studios and more, enabling members to enjoy standard membership benefits at any, and all, locations with no added fees.