



**Florida  
Health Care  
Plans®**



An Independent Licensee of the Blue Cross and Blue Shield Association

## **FLORIDA HEALTH CARE PLANS PREFERRED FITNESS**

Please check with the facility for the ages accepted.

Facilities with \*\* by their name require a Fitness Evaluation before use.



Updated: 04/16/2021

10111 - ALL 1219R2

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# VOLUSIA COUNTY



## ORMOND BEACH / HOLLY HILL

### **ANYTIME FITNESS**

302 N. Nova Rd. (Trails)  
Ormond Beach, FL 32174

**(386) 677-8600**

[CLICK HERE FOR MAP](#)

### **ABILITY HEALTH SERVICES & REHABILITATION (HEALTH FITNESS)**

290 Clyde Morris Blvd., Ste. A1  
Ormond Beach, FL 32174

**(386) 898-0443**

[CLICK HERE FOR MAP](#)

### **BODEZ FITNESS EXPRESS**

1140 W. Granada Blvd.  
Ormond Beach, FL 32174

**(386) 672-6464**

[CLICK HERE FOR MAP](#)

### **GOLD'S GYM**

333 W. Granada Blvd #200  
Ormond Beach, FL 32174

**(386) 677-4949**

[CLICK HERE FOR MAP](#)

### **ORMOND BEACH YMCA**

500 Sterthaus Dr.  
Ormond Beach, FL 32174

**(386) 673-9622**

*Pool Available*

[CLICK HERE FOR MAP](#)

### **PLANET FITNESS**

910 S. Atlantic Ave.  
Ormond Beach, FL 32176

**(386) 677-4000**

[CLICK HERE FOR MAP](#)

**PRO BODIES**

1230 N. US1, Suite 8  
Ormond Beach, FL 32174

**(386) 676-2377**

[CLICK HERE FOR MAP](#)

**SKY ACTIVE STRENGTH STUDIO**

187 S. Yonge St.  
Ormond Beach, FL 32174

**(386) 947-7642**

[CLICK HERE FOR MAP](#)

**REVIVE FITNESS**

180 S. Yonge St.  
Ormond Beach, FL 32174

**(386) 676-0009**

[CLICK HERE FOR MAP](#)

**The Body Exchange**

175 N. Yonge St., Ste. B  
Ormond Beach, FL 32174

**(386) 679-7446**

[CLICK HERE FOR MAP](#)

**HOLLY HILL YMCA**

1046 Daytona Avenue  
Holly Hill, FL 32117

**(386) 253-5675**

*Pool Available*

[CLICK HERE FOR MAP](#)

**BAM - BALANCE IN MOTION  
FHCP WELLNESS & EDUCATION CENTER**

471 S. Nova Rd.  
Ormond Beach, FL 32174

**(386) 931-3485**

*Balance in Motion Class*

[CLICK HERE FOR MAP](#)

**Bamboo Athletics**

533 N Nova Rd., Ste. 108  
Ormond Beach, FL 32174

**(383) 227-2997**

[CLICK HERE FOR MAP](#)



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DAYTONA BEACH / SOUTH DAYTONA

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**ABILITY HEALTH SERVICES \*\***

401 Venture Dr. Suite C  
South Daytona, FL 32119

**(386) 763-0084**

[CLICK HERE FOR MAP](#)

**ELITE MUAY THAI AND FITNESS**

2400 S. Ridgewood Ave., Ste. 63B  
South Daytona, FL 32119

**(386) 589-1373**

[CLICK HERE FOR MAP](#)

**GOLD'S GYM**

1808 W. Int'l Spdwy. Blvd. Ste. 601  
Daytona Beach, FL 32114

**(386) 281-5959**

[CLICK HERE FOR MAP](#)

**HALIFAX HEALTH  
WELLNESS CENTER \*\***

201 N. Clyde Morris Blvd.  
Daytona Beach, FL 32114

**(386) 254-4031**

[CLICK HERE FOR MAP](#)

**CURVES FOR WOMEN**

2841 S. Nova Rd., Ste. 10  
South Daytona, FL 32119

**(386) 760-2855**

[CLICK HERE FOR MAP](#)

**GREEN ACRES/IRON MIKE'S**

3127 W. Int'l Spdwy. Blvd.  
Daytona Beach, FL 32124

**(386) 258-9502**

[CLICK HERE FOR MAP](#)

**PLANET FITNESS**

1423 S. Nova Rd.  
Daytona Beach, FL 32114

**(386) 253-4300**

[CLICK HERE FOR MAP](#)

**GREATER FITNESS**

333 Beville Rd.  
Daytona Beach, FL 32119

**(386) 310-7857**

[CLICK HERE FOR MAP](#)

**GREATER FITNESS**

2136 S. Atlantic Ave Suite E&F  
Daytona Beach, FL 32118

**(386) 333-9029**

[CLICK HERE FOR MAP](#)

**TOTAL NUTRITION GYM**

147 W. International Speedway Blvd.  
Daytona Beach, FL 32114

**(386) 238-0244**

[CLICK HERE FOR MAP](#)

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PORT ORANGE

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**WORKOUT ANYTIME PORT ORANGE**

3840 S. Nova Rd. Ste. C  
Port Orange, FL 32127

**(386) 238-9902**

[CLICK HERE FOR MAP](#)

**ANYTIME FITNESS**

3761 S. Nova Rd.  
Port Orange, FL 32129

**(386) 243-5640**

[CLICK HERE FOR MAP](#)

**PORT ORANGE FAMILY YMCA**

4701 City Center Pkwy.  
Port Orange, FL 32129

**(386) 760-9622**

*Pool Available*

[CLICK HERE FOR MAP](#)

**BAM - BALANCE IN MOTION**  
**GRACE EPISCOPAL CHURCH**

4001 S. Ridgewood Ave.  
Port Orange, FL 32127

**(386) 931-3485**

*Balance in Motion Class*

[CLICK HERE FOR MAP](#)

**GREATER FITNESS**

4639 Clyde Morris #101  
Port Orange, FL 32129

**(386) 310-7857**

[CLICK HERE FOR MAP](#)

## EDGEWATER / NEW SMYRNA BEACH

### **JOURNEY FITNESS CENTER**

1998-6 S.R. 44  
New Smyrna Beach, FL 32168

**(386) 410-7340**

[CLICK HERE FOR MAP](#)

### **EDGEWATER FITNESS CLUB**

3042 S. Ridgewood Ave.  
Edgewater, FL 32141

**(386) 402-4917**

[CLICK HERE FOR MAP](#)

### **H2 HEALTH**

140 Wallace Road  
New Smyrna Beach, FL 32168

**(386) 427-4866**

[CLICK HERE FOR MAP](#)

### **NAUTILUS BY THE SEA**

4176 S. Atlantic Ave.  
New Smyrna Beach, FL 32169

**(386) 426-0079**

[CLICK HERE FOR MAP](#)

### **NSB ATHLETIC CLUB**

401 Canal St.  
New Smyrna Beach, FL 32168

**(386) 423-4267**

[CLICK HERE FOR MAP](#)

### **SNAP FITNESS**

Venetian Bay Town Center  
New Smyrna Beach, FL 32168

**(386) 423-8995**

[CLICK HERE FOR MAP](#)

### **SOUTHEAST VOLUSIA FAMILY YMCA**

148 West Turgot  
Edgewater, FL 32132

**(386) 409-9622**

*Pool Available*

[CLICK HERE FOR MAP](#)



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DELAND / DELTONA /ORANGE CITY

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**ABILITY HEALTH SERVICES \*\***

1565 Saxon Blvd. #301  
Deltona, FL 32725

**(386) 851-0901**

[CLICK HERE FOR MAP](#)

**BROOKS REHABILITATION**

820 Commed Blvd.  
Orange City, FL 32763

**(386) 775-7488**

[CLICK HERE FOR MAP](#)

**CRUNCH FITNESS DELTONA**

1200 Deltona Blvd., Ste. 40B  
Deltona, FL 32725

**(386) 259-5551**

[CLICK HERE FOR MAP](#)

**DELAND FAMILY YMCA**

761 E. Int'l Spdwy. Blvd  
DeLand, FL 32724

**(386) 736-6000**

*Pool Available*

[CLICK HERE FOR MAP](#)

**FLORIDA FITNESS WORLD**

2479 South Volusia Ave.  
Orange City, FL 32763

**(386) 775-1313**

[CLICK HERE FOR MAP](#)

**FOUR TOWNES FAMILY YMCA**

280 Wolf Pack Run  
Deltona, FL 32725

**(386) 532-9622**

*Pool Available*

[CLICK HERE FOR MAP](#)

**NEXT LEVEL FITNESS, INC.**

1746 S. Woodland Ave.  
DeLand, FL 32720

**(386) 734-9900**

[CLICK HERE FOR MAP](#)

**PLANET FITNESS DELAND**

111 E. International Speedway Blvd  
DeLand, FL 32724

**(386) 873-4911**

[CLICK HERE FOR MAP](#)

**LATOW'S FITNESS & NUTRITION**

1060 E. Industrial Dr., Unit J  
Orange City, FL 32763

**(386) 228-2444**

[CLICK HERE FOR MAP](#)





# ST. JOHNS COUNTY



## ST. JOHNS COUNTY / ST. AUGUSTINE

### ANYTIME FITNESS

4010 US Hwy. 1 S., #117-119  
St. Augustine, FL 32086

**(904) 297-2300**

[CLICK HERE FOR MAP](#)

### ST. AUGUSTINE YMCA

500 Pope Rd.  
St. Augustine, FL 32080

**(904) 471-9622**

*Pool Available*

[CLICK HERE FOR MAP](#)

### SOLOMON CALHOUN COMMUNITY CENTER POOL

1300 Duval  
St. Augustine, FL 32084

**(904) 824-6770**

*Pool Available*

[CLICK HERE FOR MAP](#)

### PONTE VEDRA YMCA

170 Landrum Lane  
Ponte Vedra Beach, FL 32082

**(904) 543-9622**

*Pool Available*

[CLICK HERE FOR MAP](#)

### PLANET FITNESS

2477 U.S. Hwy. 1 S.  
St. Augustine, FL 32086

**(386) 283-4973**

[CLICK HERE FOR MAP](#)

### YMCA AT FLAGLER HEALTH+ VILLAGE

98 Turin Terrace  
St. Augustine, FL 32092

**(904) 500-9622**

[CLICK HERE FOR MAP](#)

# FLAGLER COUNTY



## **ABILITY HEALTH SERVICES & REHABILITATION (HEALTH FITNESS)**

10 Cypress Point Pkwy., Unit 106  
Palm Coast, FL 32164

**(386) 445-4945**

[CLICK HERE FOR MAP](#)

## **BELLE TERRE SWIM & RACQUET CLUB**

73 Patricia Dr.  
Palm Coast, FL 32164

**(386) 446-6717**

*Pool Available*

[CLICK HERE FOR MAP](#)

## **EAST COAST GYM OF FLAGLER**

4721 E. Moody Blvd., Ste. 405  
Bunnell, FL 32110

**(386) 866-1152**

[CLICK HERE FOR MAP](#)

## **FITNESS ONE, INC.**

250 Old Kings Rd. S.  
Flagler Beach, FL 32136

**(386) 439-7707**

*Pool Available*

[CLICK HERE FOR MAP](#)

## **FRIEDA ZAMBA AQUATICS**

339 Parkview Dr.  
Palm Coast, FL 32137

**(386) 986-4741**

*Open Swim*

[CLICK HERE FOR MAP](#)

## **JUST TRAIN FITNESS**

300 Palm Coast Pkwy. SW, Ste. 5  
(in the St. Joe's Plaza)  
Palm Coast, FL 32137

**(386) 264-6706**

[CLICK HERE FOR MAP](#)

**MPOWER FITNESS**

160 Cypress Point Pkwy. Ste. D213  
Palm Coast, FL 32137

**(386) 445-2508**

[CLICK HERE FOR MAP](#)

**PALM COAST SPORTS MED \*\***

35 Old Kings Rd. N.  
Palm Coast, FL 32137

**(386) 445-5555**

[CLICK HERE FOR MAP](#)

**PLANET FITNESS**

7 Old Kings Rd., N., Ste. 20  
Palm Coast, FL 32137

**(386) 283-4973**

[CLICK HERE FOR MAP](#)

**SOUTHSIDE STRENGTH GYM**

501 North State St., Ste. 1  
Bunnell, FL 32110

**(386) 589-1373**

[CLICK HERE FOR MAP](#)

**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.

[CLICK HERE FOR MAP](#)

**STUDIO Z FITNESS**

160 Cypress Point Pkwy #D112  
Palm Coast, FL 32164

**(386) 446-4333**

[CLICK HERE FOR MAP](#)

**PLANET FITNESS**

5615 State Hwy 100 E, Unit 100  
Palm Coast, FL 32164

**(386) 387-3415**

[CLICK HERE FOR MAP](#)



# BREVARD COUNTY

## ANYTIME FITNESS

1515 Palm Bay Rd., NE  
Melbourne, FL 32905

**(321) 473-8923**

[CLICK HERE FOR MAP](#)

## ANYTIME FITNESS

1270 Wickham Rd.  
Melbourne, FL 32935  
Ste. 34

**(321) 242-0525**

[CLICK HERE FOR MAP](#)

## ANYTIME FITNESS

580 Malabar Rd.  
Palm Bay, FL 32907

**(321) 821-4640**

[CLICK HERE FOR MAP](#)

## BUILDING BODIES FITNESS CENTER

906 Barton Blvd.  
Rockledge, FL 32955

**(321) 632-1759**

[CLICK HERE FOR MAP](#)

## FITNESS CLUB MERRITT ISLAND

260 E. Merritt Island Cswy., Ste. 2  
Merritt Island, FL 32952

**(321) 455-2227**

[CLICK HERE FOR MAP](#)

## FUNCTIONALLY FIT FITNESS CENTER

3802 Murrell Rd.  
Rockledge, FL 32955

**(321) 877-2090**

[CLICK HERE FOR MAP](#)

## PLANET FITNESS ROCKLEDGE

1802 US Highway 1  
Rockledge, FL 32955

**(321) 433-1331**

[CLICK HERE FOR MAP](#)

**WORKOUT ANYTIME**

123 E. Merritt Ave.  
Merritt Island, FL 32953

**(321) 394-8550**

[CLICK HERE FOR MAP](#)

**FITNESS CLUB M I**

1450 N. Courtenay Pkwy., Ste 15  
Merritt Island, FL 32953

**(321) 305-5870**

[CLICK HERE FOR MAP](#)

**WORKOUT ANYTIME**

3265 Garden St.  
Titusville, FL 32796

**(321) 607-6100**

[CLICK HERE FOR MAP](#)

**ELITE FITNESS CENTERS, INC.**

280 Corporate Way SE Ste 101  
Palm Bay, FL 32909

**(321) 676-1002**

[CLICK HERE FOR MAP](#)

**STUDIO 321 FITNESS AND DANCE**

1260 Malabar Rd., SE  
Palm Bay, FL 32907

**(321) 722-5685**

[CLICK HERE FOR MAP](#)

**HEALTHY EVOLUTION FITNESS**

2825 Garden St.  
Titusville, FL 32796

**(321) 269-5005**

[CLICK HERE FOR MAP](#)

**HEALTHY EVOLUTION FITNESS**

195 N. Brevard Ave., Ste. A  
Cocoa Beach, FL 32931

**321-785-3240**

[CLICK HERE FOR MAP](#)

**WORKOUT ANYTIME TITUSVILLE**

3265 Garden St #65b  
Titusville, FL 32796

**321-607-6100**

[CLICK HERE FOR MAP](#)

**TITUSVILLE YMCA FAMILY CENTER**

2400 Harrison St.  
Titusville, FL 32780

**(321) 267-8924**

[CLICK HERE FOR MAP](#)

# SEMINOLE COUNTY



## ABILITY HEALTH SERVICES

1200 Lexington Green Ln.  
Sanford, FL 32771

**(407) 322-3442**

[CLICK HERE FOR MAP](#)

## ABILITY HEALTH SERVICES

1337 S. International Pkwy., #1321  
Lake Mary, FL 32746

**(407) 833-0802**

[CLICK HERE FOR MAP](#)

## ABILITY HEALTH SERVICES

901 Douglas Ave., Ste. 105  
Altamonte Springs, FL 32714

**(407) 865-7153**

[CLICK HERE FOR MAP](#)

## ABILITY HEALTH SERVICES

7400 Red Bug Lake Rd.  
Oviedo, FL 32765

**(407) 971-2774**

[CLICK HERE FOR MAP](#)

## PLATINUM GYM

4050 W. State Rd. 46  
Sanford, FL 32771

**(407) 330-1203**

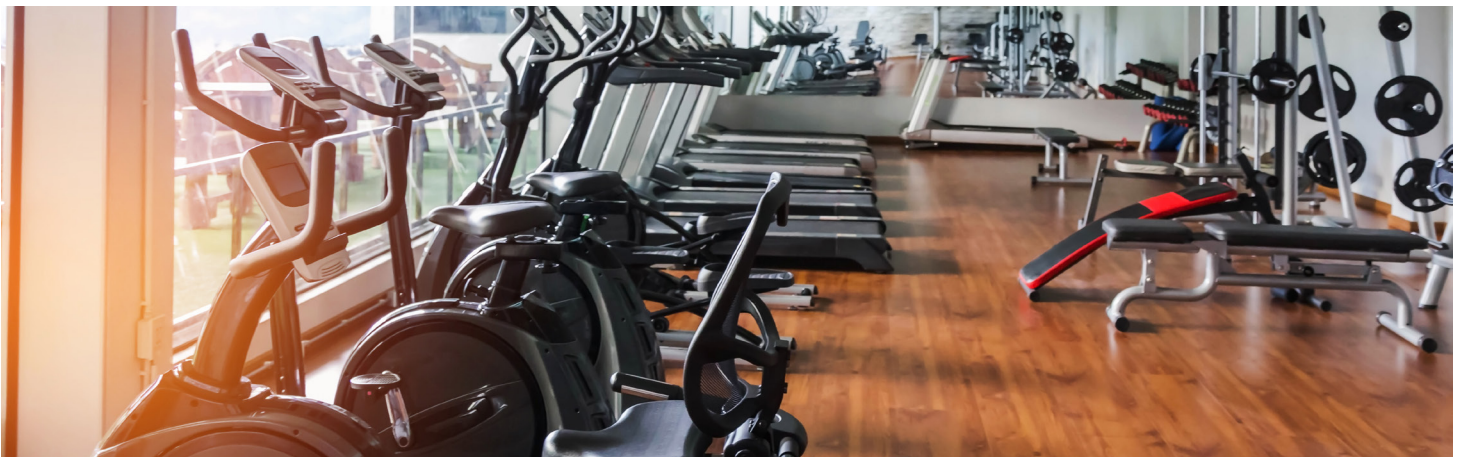
[CLICK HERE FOR MAP](#)

## PLANET FITNESS CASSELBERRY

204 Sausalito Blvd.  
Casselberry, FL 32707

**(407) 332-4496**

[CLICK HERE FOR MAP](#)



# PREFERRED FITNESS MEMBERS

## FITNESS EVALUATION SITES

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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**

[CLICK HERE FOR MAP](#)

### ABILITY HEALTH SERVICES

401 Venture Dr. Suite C  
South Daytona, FL 32119

**(386) 763-0084**

[CLICK HERE FOR MAP](#)

### ABILITY HEALTH SERVICES

290 Clyde Morris Blvd., Ste. A1  
Ormond Beach, FL 32174

**(386) 851-0901**

[CLICK HERE FOR MAP](#)

### PARRISH HEALTH & FITNESS CENTER

2100 Cheney Hwy.  
Titusville, FL 32780

**(321) 268-6200**

[CLICK HERE FOR MAP](#)



**Florida  
Health Care  
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An Independent Licensee of the Blue Cross and Blue Shield Association

HMO coverage is offered by Florida Blue Medicare, Inc., DBA FHCP Medicare, an Independent Licensee of the Blue Cross and Blue Shield Association. FHCP Medicare is administered by Florida Health Care Plan, Inc.



