

SuperiorHealth Center encourages YouCount members to take good care of their health and pursue activities that promote wellness.

The following are businesses that offer health-related discounts for SuperiorHealth Center YouCount members. For details, please contact the business directly.

### MASSAGE THERAPY

**Duluth Natural Medicine & Chiropractic**  
Elizabeth Winter and Denise Coleman Lyng  
Certified Massage Therapists

1731 London Road  
Duluth, MN 55812  
(218) 724-4525

- 15% off massage.

### ComfortZone

11 E. Superior Street Suite 315  
Duluth, MN 55802  
(218) 720-4444

- 10% off a 60-minute massage.

### HEALTH & WELLNESS CLASSES

#### Bodies in Balance

1451 Highway 2  
Two Harbors, MN 55616  
(218) 834-2586; (888) 729-7220  
bodiesinbalance@excite.com

- 20% off gym membership for SuperiorHealth Center members.

### Curves for Women

1503 Seventh Avenue  
Two Harbors, MN 55616  
(218) 834-8040  
flowernut2001@msn.com

- *Curves is a facility specially designed for women featuring a complete 30 minute workout and weight management program that is fun, fast and safe.*
- *Only \$44 enrollment fee for SuperiorHealth Center members.*

### Lake View Fitness Center

325 11th Avenue  
Two Harbors, MN 55616  
(218) 834-7310  
gruberg@slhduluth.com

- 20% discount for membership.  
*6 month membership - \$120.00*
- *Fitness center: cardio and strengthening equipment.*
- *Full service rehabilitation department. (PT, OT, speech, cardiac rehab)*

### Yoga Tree Studio

1323 Broadway Street,  
Suite 220  
Superior, WI 54880  
(715) 392-5055

yogatree@chartertel.net

- *10% discount for membership or service. Health and wellness consulting, yoga instruction for adults and youth, massage, healing touch, pilates, prenatal yoga, and women's fitness.*

### HEALTH CLUB MEMBERSHIPS

#### Anytime Fitness

1215 E. Superior Street  
Duluth, MN 55802  
(218) 724-6653

DuluthMN@anytimefitness.com

- \$29.00 monthly memberships.

**Anytime Fitness**

4865 Miller Trunk Highway  
Hermantown, MN 55811  
(218) 722-5930  
HermantownMN@  
anytimefitness-duluth.com

- \$29.00 monthly memberships.
- 24-hour co-ed fitness center with cardio, circuit machines, free weights, and shower facilities.

**Anytime Fitness**

215 N. Central Avenue  
Duluth, MN 55807  
(218) 624-1311  
WestDuluthMN@anytimefitness.com

- \$29.00 monthly memberships.

**Anytime Fitness**

910 Highway 33 South  
Cloquet, MN 55720  
(218) 879-6220  
cloquetmn@anytimefitness.com

- \$29.00 monthly memberships.

**Anytime Fitness**

823 Belknap Street  
Superior, WI 54880  
(715) 392-6003  
SuperiorWI@anytimefitness.com

- \$29.00 monthly memberships.

**Bodies in Balance**

1451 Highway 2  
Two Harbors, MN 55616  
(218) 834-2586;  
(888) 729-7220

- 20% off gym membership for SuperiorHealth Center members.

**Progressive Martial Arts**

4176 Thunderchief Lane  
Hermantown, MN 55811  
(218) 727-5527

- 10% discount for membership or service.
- Martial arts instruction, fitness classes, weight loss programs.

**Curves for Women**

4310 Menard Drive, Suite 100  
Hermantown, MN 55811  
(218) 279-2878

- Only \$44 enrollment fee for SuperiorHealth Center members.

**Curves for Women**

Mount Royal location  
14 E. Saint Marie Street  
Duluth, MN 55803  
(218) 724-7097

- Only \$44 enrollment fee for SuperiorHealth Center members.

**Curves for Women**

Spirit Valley location  
5602 Grand Avenue  
Duluth, MN 55807  
(218) 628-9238

- Only \$44 enrollment fee for SuperiorHealth Center members.

**Curves for Women**

1111 Cloquet Avenue  
Cloquet, MN 55720  
(218) 879-2423

- Only \$44 enrollment fee for SuperiorHealth Center members.

**Curves for Women**

1420 Belknap Street  
Superior, WI 54880  
(715) 398-6179

- Only \$44 enrollment fee for SuperiorHealth Center members.

**Curves for Women**

1503 Seventh Avenue  
Two Harbors, MN 55616  
(218) 834-8040  
flowernut2001@msn.com

- Curves is a facility specially designed for women featuring a complete 30 minute workout and weight management program that is fun, fast and safe.
- Only \$44 enrollment fee for SuperiorHealth Center members.

**Duluth Area Family YMCA**

302 W. First Street  
Duluth, MN 55802  
(218) 722-4745

- 50% discount on enrollment fee.

**Lake View Fitness Center**

325 11th Avenue  
Two Harbors, MN 55616  
(218) 834-7310  
gruberg@slhduluth.com

- 20% discount for membership. 6 month membership - \$120.00
- Fitness center: cardio and strengthening equipment.
- Full service rehabilitation department. (PT, OT, speech, cardiac rehab)

*This list of participating businesses changes often. Please visit our website for the most current list.*

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

**Mesaba Athletic Club**

1515 7th Avenue East  
 Hibbing, MN 55746  
 (218) 262-5593  
 getfit@MesabaAthleticClub.com

- 20% discount for one year non-student memberships. Member must sign a one-year contract at the facility to receive the discount. There is no enrollment fee.
- Health club with four indoor tennis courts and three racquetball courts, tanning, basketball, cardio, nautilus, free weights, aerobics, pilates, yoga, personal trainer available.

**North Star Health & Fitness**

2806 Belknap Street  
 Superior, WI 54880  
 (715) 392-9100

- Free one-month membership to the fitness center.

**Northsite Health & Racquet**

10 Shorewood Drive  
 International Falls, MN 56649  
 (218) 285-7143

- 15% discount for membership.

**Tone N Tan**

21 Shopping Center  
 Silver Bay, MN 55614  
 (218) 226-3392

- Regular price membership fee is \$149.95. SuperiorHealth Center members will receive it for \$49.95 plus tax. (Hydraulic Circuit Training)

**24-Hour Fitness Express**

4879 Miller Trunk Highway  
 Hermantown, MN 55811  
 (218) 727-2600

- Waive enrollment fee and \$20/month membership with signed agreement. Plus two free months tanning.

**SunCity and 24/7 Fitness**

Owner / Manager  
 Karen Anderson  
 5324 E. Superior Street  
 Duluth, MN 55804  
 (218) 525-4808

- Discounted enrollment fee, month-to-month memberships. No contract. Cybex Cardio Center.
- Circuit machine: Nautilus.
- Nitro, The Core and more.
- Always staffed.

## DISCOUNTS ON HEALTH AND WELLNESS RETAIL PRODUCTS

**Edgepark**

Provider of urological, ostomy, wound care, incontinence and diabetic testing supplies also offers a 25% discount for all non-covered supplies.  
 (800) 321-0591

## DISCOUNTS ON EYEGLASSES OR LENSWEAR

**Jeffrey S. Blustin, OD**

213 W. First Street  
 Duluth, MN 55802  
 (218) 727-1004

- 20% discount on prescription frames and lenses. No discount on contacts or sunglasses.

**Theobald Family Eye Care**

416 N. Central Avenue  
 Duluth, MN 55807  
 (218) 624-2095

- 15% discount.

**North Land Optical**

600 E. Superior Street  
 Duluth, MN 55802  
 (218) 722-4212

- 25% discount on one complete pair of prescription eyewear. No discount on contacts or sunglasses.

**Pearle Vision Center**

1405 Miller Trunk Highway  
 Duluth, MN 55811  
 (218) 722-7843

- 20% discount on one complete pair of prescription eyewear.

**Dr. Fischer, OD**

Miller Hill Mall - Sears  
 Duluth, MN 55811  
 (218) 722-8873

- 20% discount on one complete pair of prescription eyewear.

**Health Care Centered Around You.**

**Vision Pro Optical**

1344 W Arrowhead Road  
Kenwood Shopping Center  
Duluth, MN 55811  
(218) 728-6211

- 20% off one complete pair of prescription glasses or sunglasses only. Cannot be combined with any other offer.

**Vision Pro Optical**

2427 Tower Avenue  
Superior, WI 54880  
715-394-7999

- 20% off one complete pair of prescription glasses or sunglasses only. Cannot be combined with any other offer.

**Vision Pro Optical**

1719 Belknap Street  
Superior, WI 54880  
715-392-2204

- 20% off one complete pair of prescription glasses or sunglasses only. Cannot be combined with any other offer.

**Vision Pro Optical**

914 Highway 33 South  
Cloquet, MN 55720  
218-879-5022

- 20% off one complete pair of prescription glasses or sunglasses only. Cannot be combined with any other offer.

**Vision Pro Optical**

1283 South Pokegama Plaza  
Grand Rapids, MN 55744  
218-327-0070

- 20% off one complete pair of prescription glasses or sunglasses only. Cannot be combined with any other offer.

**Vision Pro Optical**

500 Folz Boulevard  
PO Box 335  
Moose Lake, MN 55767  
218-485-8888

- 20% off one complete pair of prescription glasses or sunglasses only. Cannot be combined with any other offer.

**Vision Pro Optical**

White Community Hospital  
5211 Highway 110  
Aurora, MN 55705  
218-229-1010

- 20% off one complete pair of prescription glasses or sunglasses only. Cannot be combined with any other offer.

**Vision Pro Optical**

1028 7th Avenue  
Two Harbors, MN 55616  
218-834-3937 (EYES)

- 20% off one complete pair of prescription glasses or sunglasses only. Cannot be combined with any other offer.

**Joseph Jamros, OD**

312 Elm Street  
Moose Lake, MN 55767  
(218) 485-8495

- 15% discount on all eyewear and contacts.

**Blustin Optical Center**

802 11th Street, Suite A  
Two Harbors, MN 55616  
(218) 834-8070

- 20% discount on prescription frames and lenses. No discount on contacts or sunglasses.



**Health Care Centered Around You.**