



# Focus On Fitness Gym Facility Listings

Company name	Address line	City	County	State	ZIP
Adair County Health and Fitness	202 N. Townline Road	Greenfield	Adair	Iowa	50849
CHI Health Mercy Corning	401 6th Street	Corning	Adams	Iowa	50841
Lansing Fitness Center	51 N. 5th Street	Lansing	Allamakee	Iowa	52151
YMCA of Northeast Iowa	313 W. Post Street	Postville	Allamakee	Iowa	52162
Black Hawk County YMCA	669 S. Hacket Street	Waterloo	Black Hawk	Iowa	50701
Planet Fitness	6301 University Avenue, Unit 1365	Cedar Falls	Black Hawk	Iowa	50613
Planet Fitness	2060 Sovia Drive, Suite 109	Waterloo	Black Hawk	Iowa	50702
YMCA of Greater Des Moines Iowa – Boone	608 Carroll Street	Boone	Boone	Iowa	50036
Anytime Fitness	1261 4th Street SW	Waverly	Bremer	Iowa	50677
Buchanan County Health Center	1500 1st Street East	Independence	Buchanan	Iowa	50644
Clarksville Fit Club	103 S. Main Street	Clarksville	Butler	Iowa	50619
One More Rep Fitness LLC	311 Main Street	Manning	Carroll	Iowa	51455
Platinum Fitness	833 N. Griffith Road	Carroll	Carroll	Iowa	51401
Anita Health and Wellness Center	900 Victory Park Road	Anita	Cass	Iowa	50020
YMCA Nishna Valley Family	1100 Maple Street	Atlantic	Cass	Iowa	50022
YMCA Mason City Family	1840 S. Monroe	Mason City	Cerro Gordo	Iowa	50401
Cherokee Wellness Center	300 Sioux Valley Drive	Cherokee	Cherokee	Iowa	51012
Johnson's Elite Training LLC	630 W. McLane	Osceola	Clarke	Iowa	50213
JRHC LLC (Curves)	901 11th Street SW	Spencer	Clay	Iowa	51301
Spencer Family YMCA	1001 11th Avenue W	Spencer	Clay	Iowa	51301
YWCA – Clinton	317 7th Avenue S.	Clinton	Clinton	Iowa	52732
One More Rep Fitness LLC	1401 Broadway, Suite A	Denison	Crawford	Iowa	51442
YMCA of Greater Des Moines Iowa – Waukee	210 N. Warrior Lane	Waukee	Dallas	Iowa	50263



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Bedell Family YMCA	1900 41st Street	Spirit Lake	Dickinson	Iowa	51360
YMCA of Greater Omaha – Armbust	5404 S. 168th Street	Omaha	Douglas	Nebraska	68135
YMCA of Greater Omaha – Butler Gast	3501 Ames Avenue	Omaha	Douglas	Nebraska	68111
YMCA of Greater Omaha – Downtown	430 S. Main Street	Omaha	Douglas	Nebraska	68102
YMCA of Greater Omaha – Maple Street	7502 Maple Street	Omaha	Douglas	Nebraska	68134
YMCA of Greater Omaha – Southern YMCA Program Center	3010 R. Street	Omaha	Douglas	Nebraska	68107
YMCA of Greater Omaha – Southwest	13010 Atwood Avenue	Omaha	Douglas	Nebraska	68144
YMCA of Greater Omaha – Twin Rivers	6100 Twin Rivers Circle	Valley	Douglas	Nebraska	68064
Dubuque YMCA/YWCA	35 N. Booth Street	Dubuque	Dubuque	Iowa	52001
Planet Fitness Dubuque LLC	555 John F. Kennedy Road	Dubuque	Dubuque	Iowa	52002
Regional Wellness Center	415 S. 18th Street	Estherville	Emmet	Iowa	51334
Anytime Fitness	204 1st Avenue SE	Oelwein	Fayette	Iowa	50662
Williams Wellness Center	317 8th Avenue SE	Oelwein	Fayette	Iowa	50662
Franklin Wellness Center	1514 Central Avenue E	Hampton	Franklin	Iowa	50441
Greene County Community Center	204 W. Harrison Street	Jefferson	Greene	Iowa	50129
Grundy Family YMCA	102 G. Avenue	Grundy City	Grundy	Iowa	50638
Guthrie County Hospital/ Healthy Living Center	710 N. 12th Street	Guthrie Center	Guthrie	Iowa	50115
Logan Fitness	105 N. 4th Avenue	Logan	Harrison	Iowa	51546
Cresco Fitness Center	316 3rd Avenue E	Cresco	Howard	Iowa	52136
Jackson County Regional Health Center	700 W. Grove Street	Maquoketa	Jackson	Iowa	52060
Lohff-Schumann Memorial Community Center	301 Lohff-Schumann Drive	Holstein	Ida	Iowa	51025
YMCA of Newton Iowa Inc.	1701 E. Eighth Avenue E	Newton	Jasper	Iowa	50208



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City of Iowa City – Robert A. Lee Recreation Center	220 S. Gilbert Street	Iowa City	Johnson	Iowa	52240
Coralville Curves	881 22nd Avenue	Coralville	Johnson	Iowa	52241
Planet Fitness	1658 Sycamore Street	Iowa City	Johnson	Iowa	52240
YMCA Algona Family	2101 E. McGregor Street	Algona	Kossuth	Iowa	50511
Fort Madison YMCA	220 26th Street	Fort Madison	Lee	Iowa	52627
Hoerner YMCA	2126 Plank Road	Keokuk	Lee	Iowa	52632
Custom Fitness	3950 Wilson Avenue SW	Cedar Rapids	Linn	Iowa	52404
MAC South	1220 Jacolyn Drive SW	Cedar Rapids	Linn	Iowa	52404
The Midwest Athletic Club/ MAC Extreme	4700 Tama Street SE	Cedar Rapids	Linn	Iowa	52403
The Storm Zone Athletic Center	4202 Lewis Access Road	Centerpoint	Linn	Iowa	52213
YMCA of the Cedar Rapids Metropolitan Area – Helen Nassif	207 7th Avenue SE	Cedar Rapids	Linn	Iowa	52401
YMCA of the Cedar Rapids Metropolitan Area – Marion	3100 10th Avenue	Marion	Linn	Iowa	52302
YMCA of the Cedar Rapids Metropolitan Area – Marion Independent Fitness Center	675 S. 15th Street	Marion	Linn	Iowa	52302
YMCA of the Cedar Rapids Metropolitan Area – Mercy Health Plaza	5264 Council Street NE	Cedar Rapids	Linn	Iowa	52402
YMCA of the Cedar Rapids Metropolitan Area – Stoney Point	300 Stoney Point Road SW	Cedar Rapids	Linn	Iowa	52404
YMCA Marshalltown	108 Washington Street	Marshalltown	Marshall	Iowa	50158
YMCA of Greater Omaha – Mills County	110 Sivers Road	Glenwood	Mills	Iowa	51534
Burgess Health Center	111 S. 5th Street	Mapleton	Monona	Iowa	51034
Burgess Health Center	1600 Diamond Street	Onawa	Monona	Iowa	51040
Pleasant View Care Center	200 Shannon Drive	Whiting	Monona	Iowa	51063
YMCA Montgomery County Family	101 E. Cherry Street	Red Oak	Montgomery	Iowa	51566
Feldman Performance	1107 N. Elm Street	West Liberty	Muscatine	Iowa	52776



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Osceola Community Hospital Wellness Rehab Center	600 9th Avenue N	Sibley	Osceola	Iowa	51249
Body Solutions Fitness Center LLC	201 E. Main Street	Clarinda	Page	Iowa	51632
Clarinda Lied Center	1140 E. Main Street	Clarinda	Page	Iowa	51632
Shenandoah Medical Center	2 Jack Foster Drive	Shenandoah	Page	Iowa	51601
Arthur and Audrey Smith Wellness Center	3200 College Drive	Emmetsburg	Palo Alto	Iowa	50536
YMCA Le Mars Area Family	241 12th Street SE	Le Mars	Plymouth	Iowa	51031
Courage League Sports	4405 121st Street	Urbandale	Polk	Iowa	50323
Planet Fitness	3405 SE 14th Street	Des Moines	Polk	Iowa	50320
Planet Fitness	3771 NW 86th Street	Urbandale	Polk	Iowa	50322
Planet Fitness	1978 Grand Avenue	West Des Moines	Polk	Iowa	50265
YMCA of Greater Des Moines Iowa – Ankeny	1102 N. Ankeny Boulevard	Ankeny	Polk	Iowa	50023
YMCA of Greater Des Moines Iowa – Indianola	306 E. Scenic Valley Avenue	Indianola	Polk	Iowa	50125
YMCA of Greater Des Moines Iowa – John R. Grubb Community	1611 11th Street	Des Moines	Polk	Iowa	50314
YMCA of Greater Des Moines Iowa – South Suburban	401 E. Army Post Road	Des Moines	Polk	Iowa	50315
YMCA of Greater Des Moines Iowa – Walnut Creek	948 73rd Street	Windsor Heights	Polk	Iowa	50324
YMCA of Greater Des Moines Iowa – Wellmark	501 Grand Avenue	Des Moines	Polk	Iowa	50309
Planet Fitness	1751 Madison Avenue	Council Bluffs	Pottawattamie	Iowa	51503
YMCA of Greater Omaha – Council Bluffs	7 S. 4th Street	Council Bluffs	Pottawattamie	Iowa	51503
Grinnell Regional Medical Center	807 Broad Street	Grinnell	Poweshiek	Iowa	50112
Planet Fitness Moline LLC	3624 Avenue of the Cities	Moline	Rock Island	Illinois	61265
Ultimate Fitness	1628 2nd Avenue	Rock Island	Rock Island	Illinois	61201
Sac City Community Recreation Center	1015 W. Main Street	Sac City	Sac	Iowa	50583



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YMCA of Greater Omaha – Sarpy	1111 E. First Street	Papillion	Sarpy	Nebraska	68046
Planet Fitness	902 W. Kimberly Road	Davenport	Scott	Iowa	52806
Ultimate Fitness	810 Golden Valley Drive	Bettendorf	Scott	Iowa	52722
Petersen Family Wellness Center/ Lewis Family Aquatic Center/ Myrtue Medical Center	1213 Chatburn Avenue	Harlan	Shelby	Iowa	51537
Compass Fitness and Wellness	521 Black Forest Road, Ste. 2	Hull	Sioux	Iowa	51239
Lifestyle Fitness	913 Central Avenue	Hawarden	Sioux	Iowa	51023
Orange City Physical Therapy LLC	101 3rd St., NW	Orange City	Sioux	Iowa	51041
We Rock the Spectrum	3498 450th Street	Orange City	Sioux	Iowa	51041
Anytime Fitness	414 S. 17th Street	Ames	Story	Iowa	50010
Anytime Fitness	5820 W. Lincoln Way, Suite 103	Ames	Story	Iowa	50014
Anytime Fitness	823 Wheeler Street, Suite 6	Ames	Story	Iowa	50010
Body Solutions Fitness Center LLC	303 Pearl Street	Bedford	Taylor	Iowa	50833
Curves for Women	217 W. Adams Street	Creston	Union	Iowa	50801
YMCA Southern Prairie	1201 W. Townline Street	Creston	Union	Iowa	50801
Four Seasons	120 Gateway Drive, Suite 5	N. Sioux City	Union	S. Dakota	57049
Ladyfit Studio & Spa	1207 N. Jefferson Street	Ottumwa	Wapello	Iowa	52501
YMCA of Ottumwa Iowa	611 N. Hancock Street	Ottumwa	Wapello	Iowa	52501
Fusion Fitness	2205 W. 2nd Avenue	Indianola	Warren	Iowa	50125
Joe's Gym	710 W. 2nd Street	Indianola	Warren	Iowa	50125
Fitness and Friends	101 Washington Street	Washington	Washington	Iowa	52353
Four Seasons	1600 7th Street	Sioux City	Woodbury	Iowa	51101
Four Seasons	2600 Pierce Street	Sioux City	Woodbury	Iowa	51104
Four Seasons	4240 Hickory Lane	Sioux City	Woodbury	Iowa	51106
Rotary Senior Living Wellness Center	801 SE 5th Street	Eagle Grove	Wright	Iowa	50533

## Notice of Non-Discrimination

AmeriHealth Caritas Iowa complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. AmeriHealth Caritas Iowa does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

AmeriHealth Caritas Iowa provides free aids and services to people with disabilities, such as qualified sign language interpreters and written information in other formats (large print, Braille, audio, accessible electronic formats, other formats). We provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact AmeriHealth Caritas Iowa 24 hours a day, 7 days a week, at **1-855-332-2440**.

If you believe that AmeriHealth Caritas Iowa has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

- AmeriHealth Caritas Iowa Grievances  
P.O. Box 7116, London, KY 40742  
**1-855-332-2440** (TDD/TTY: **1-844-214-2471**)
- You can also file a grievance by phone at **1-855-332-2440** (TTY: **1-844-214-2471**). If you need help filing a grievance, AmeriHealth Caritas Iowa Member Services is available to help you. You can contact Member Services 24 hours a day, 7 days a week, at **1-855-332-2440** (TTY: **1-844-214-2471**).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
**1-800-368- 1019** (TDD: **1-800-537-7697**)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.



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

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## Multi-language interpreter services

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call **1-855-332-2440** (TTY: **1-844-214-2471**).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-332-2440** (TTY: **1-844-214-2471**).

Chinese Mandarin: 注意：如果您说中文普通话/国语，我们可为您提供免费语言援助服务。请致电 **1-855-332-2440** (TTY: **1-844-214-2471**)。

Chinese Cantonese: 注意：如果您使用粵語，您可以免費獲得語言援助服務。請致電 **1-855-332-2440** (TTY: **1-844-214-2471**)。

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-855-332-2440** (TTY: **1-844-214-2471**).

Serbo-Croatian: PAŽNJA: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite **1-855-332-2440** (TTY: **1-844-214-2471**).

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-855-332-2440** (TTY: **1-844-214-2471**).

Arabic:

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-855-332-2440** (TTY: **1-844-214-2471**).

Laotian: ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ **1-855-332-2440** (TTY: **1-844-214-2471**).

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-855-332-2440** (TTY: **1-844-214-2471**) 번으로 전화해 주십시오.

Hindi: ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। **1-855-332-2440** (TTY: **1-844-214-2471**) पर कॉल करें।

French: ATTENTION : si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-855-332-2440** (TTY: **1-844-214-2471**).

Pennsylvania Dutch: Wann du Deitsch schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprouch. Ruf selli Nummer uff: **1-855-332-2440** (TTY: **1-844-214-2471**).

Thai: โปรดทราบ: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร **1-855-332-2440** (TTY: **1-844-214-2471**).

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-855-332-2440** (TTY: **1-844-214-2471**).

Karen:

ဟံသုတ်ဟံသး- နမူကတိ၊ ကညိ ကျိာ်အယိ၊ နမူနာ ကျိာ်အတတ်မ၊  
တလ၊ တလတ်ဘုတ်လတ်စု၊ နိတမံဘုတ်သုနုတ်လိ။ ကိး  
**1-855-332-2440** (TTY: **1-844-214-2471**).

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-855-332-2440** (TTY: **1-844-214-2471**).