

MEMBER PERKS

Q2 2018

Show your member key tag to any one of the below businesses to receive a FIT-tastic discount.

CRUNCH BLOOMINGDALE • 3236 LITHIA PINECREST RD, VALRICO, FL 33594 • 813.381.4106



ACROPOLIS GREEK TAVERNA

10% off food with Crunch key tag.



ADT AUTHORIZED DEALER

Free RING doorbell. Call Wyatt at 4076558620.



ALI REY BEAUTY

15% off coupon code: crunch.



AMMAR BOUTIQUE

10% off merchandise. No additional coupons can be applied.



AMPD

10% using code CRUNCH10 at www.ampdnutrx.com



BALANCED BODY LABS, LLC

Use code crunch1 for 10% discount on the PRO.



BENZER PHARMACY

10% off of any OTC new patients only.



BONUM HEALTH

\$7.99 Monthly or \$79.99 Annually www.bonumhealth.com and the code is "wellness."



BEEF O BRADY'S

15% off not to be combined with any other special offers.



BLACK ROCK BAR & GRILL

10% off each Crunch member's food purchases. Does not include alcohol, gratuity, or tax. Not to be combined with any other offer or promotion.



BODY FUEL

10% off entire purchase. \$1.49 1oz wheat grass shot.



BODY FAT TEST FLORIDA

20% discount when testing is held at participating Crunch Fitness locations.



BRADENTON MARAUDERS

Present your Crunch Fitness key tag at the LECOM Park Box Office to purchase Marauders game tickets for only \$5 each for the following 2018 games: July 7, August 3, and August 24.



BRANDON CHIROPRACTIC AND MASSAGE

10% off massage therapy and 15% off nutritional supplements.



BRANDON MASSAGE OASIS

\$39.95 for any 60 minute massage service.



CAFE CUBA

10% off entire purchase.



CATER ME FIT

10% off with code crunch.



CATI

15% off with code Crunch.



CHADDERTON REAL ESTATE GROUP KELLER WILLIAMS REALTY

Free home market analysis.



CHUCKY'S MUFFLER AND AUTO REPAIR

10% OFF



CICCIO CALI

10% off excluding alcohol, juices, and any existing promotions or specials.



DAVE AND BUSTERS TAMPA

FREE \$20 Game Play with purchase of \$20 game play. One coupon per customer, cannot combine w/ other offers including Eat and Play or Eat, Play, Win combos, 1/2 price game Wednesdays or any 1/2 price game promotion. Valid: Brandon location only



DYNAMIC WELLNESS | FAMILY & SPORTS CHIROPRACTIC

No cost consultation, evaluation, and deep tissue Laser Therapy session. Valued at \$175.



EATRIGHT MEALS

10% OFF



ESSENTIALS MASSAGE, FACIALS, HAIR & NAILS - BLOOMINGDALE

\$34.95 relaxation massage/ \$45.00 deep tissue massage. Valid at 3405 Brook Crossing Dr. location only.



FITLIFE FOODS

Complimentary 30 minute wellness session - includes full bio-electrical impedance analysis (lean muscle mass, fat mass, and calories burned at rest) valued at \$35.



FLORIDA ADVANCED SPINE AND SPORTS TRAUMA CENTERS

Free first aid kit for all Crunch members.



GENGHIS GRILL

20% off any size bowl or entree at Carrollwood and Brandon locations.



GNC

10% off lowest price at 2206 Jim Redman Pkwy, 3820-101 State Rd 674, 1021 E Bloomingdale Ave, and 616 Oakfield Dr.



GREENROOTS CAFE

15% off everything in store.



GREENZONE HERO

1/2 off the annual subscription for any veteran friendly business.



HAMBURGER MARY'S

10% off entire check.



HOLY HOG BARBECUE

10% OFF



HUNT FAMILY DENTAL CARE

Complimentary comprehensive examination and X-rays. First time patients only.



IERNA'S HEATING & COOLING

Save \$25 on your next plumbing or AC repair.



IMAGE MAKER DESIGNS LLC

20% off irrigation and landscape diagnosis work.



KLYNERGY MASSAGE AND WELLNESS

10% off regular price accupuncture and massage services. Cannot be combined with special offers and promotions.



MARKSMAN SECURITY CORPORATION

Crunch Fitness members qualify for a \$100 hiring bonus. Bonus is contingent upon completing a 90 day probationary period.



MARVIC ALUMINUM

\$100 off any screen enclosure of \$2000 or more.



MCBRIDE KELLY AND ASSOCIATES

\$500 moving credit.



METABOLOGY, LLC

One-time 10% off any single week plan. Lock in for full month and get \$10 delivery fee waived, a 10% discount for the full month, and 1 dozen Protein muffins!



MIRABELLA TRAVEL, CRUISE PLANNERS

Extra credit for Crunch members. Call or text Carla Mirabella at 813-786-2658 or cmirabella@cruiseplanners.com or mirabellatravel.com.



MOSI - MUSEUM OF SCIENCE AND INDUSTRY

50% off daily admission, plus over 10% off on annual membership.



MY GYM BRANDON

\$5 off recurring billing.



MY CDL ACADEMY

5% off tuition price with proof of Crunch Membership.



MYOTREND

10% off using the code Crunch10.



NEW IDENTITIES HAIR STUDIOS OF TAMPA!

Hair cut, color, and conditioning treatment for \$69! Mon-Wed, Level 1 stylists only. Not valid with any other offers.



NEW IMAGE GENERAL AND COSMETIC DENTISTRY

\$75 check up (Special pricing of extra 15% discount does not apply without insurance.) Includes comprehensive exam (Code D0150), a full mouth X-ray (Code D0210), and a cleaning (Code D1110 or D4355).



NICOLETTI LAW FIRM

Free Consultation.



PCA USA

10% off August 25th Florida Only - Amateur Event Registration - Type Crunch.



PIT LANE EXPRESS OIL CHANGE

40% OFF



POLSON PAINTING

\$300 off full interior painting or \$50 VISA gift card for Interior projects of \$1,000 or more. \$300 off and free pressure washing for full exterior painting project.



WWW.PROMOPRINTING.US

15% off any printing services- enter promo code "CRUNCH" at checkout.



QUANTUM SCULPTING

Promo code "Crunch" gets a 5% discount.



REBUILT MEALS

15% off all meal plans with code RBMCRUNCH.



ROCK YOUR LOCKS

10% all services & 15% all retail for existing RYL clients. New Clients first visit 20% off services and retail.

ROSY RAMIZE, REALTOR

Purchase a home through me and be eligible to receive discounted real estate renovation services with Jamco Construction.



SEA STRINGS BIKINIS

25% off all purchases.

SEALS OF EXCELLENCE LLC

10% off all service.



SOUTHERN MUSCLE SPORTS NUTRITION

10% off entire purchase.



SPARK WIRELESS (T-MOBILE)

10% off accessories. \$20 bill credit for each new line activated. Valid at 2402 James L Redman Parkway, 931 E Bloomingdale Ave, and 13133 US Highway 301 S locations.



SPINAL CORRECTION CENTERS

\$155 comprehensive exam and X-rays.



SPRAINGO LLC

Visit2relieveit.com and enter discount code CRUNCH to save.



TAMPA SPORTS & WELLNESS CHIROPRACTIC

50% off initial visits. (Incl. X-rays if necessary)



TAMPA TARPONS

Discounted tickets to 4 select "Crunch Nights" at George M. Steinbrenner Field (Dates TBA)



THE TAMPA BAY BUCCANEERS

20% discount on single game tickets with no minimum quantity to purchase. This offer excludes the Steelers & Eagles games this season as there is no discount for those games. All ticket sales are final with no refunds or exchanges. All games and times are subject to change at the discretion of the NFL. Visit <http://www.buccaneers.com/krewe/> and use code CRUNCH to save or contact Francis Spencer at fspencer@buccaneers.nfl.com or 813-870-2700 ext 2509.



TAMPA BAY LIGHTNING

Discounted tickets to select Lightning games, group rates, and membership packages please contact Sam at 813-301-6814 or sreiner@amaliearena.com.



TAMPA OFF ROAD CENTER

Free inspection on truck or jeep and up to 10% off purchase.



TAMPA REJUVENATION

20% off all services of integrative medicine which includes age management evaluation, nutrition, supplementation and detoxification. 1/2 off first session of skin rejuvenation.



TEAKDECKING SYSTEMS, INC.

Call for a quote! 941-756-0600



THE FLORIDA AQUARIUM

50% off daily admission with your current Crunch membership.



TITAN MEDICAL CENTER

\$50 off standard blood package.



TRIM® NUTRITION

25% off all products at TrimNutrition.com! Use offer code: CRUNCH25 at checkout. Cannot be combined with other offers.



US CRYOTHERAPY TAMPA

15% off sessions and packages.



WHAT'S IN CONSIGNMENT

10% off your purchase. Cannot be combined with any other offers.



WHAT'SUPP

25% off all apparel with code "crunch25." Free first month's subscription box as well as lifetime free shipping on all future boxes with code "crunchfree."



WHOLE BODY FUEL

10% off your first week.

More locations coming soon! Visit perkspartners4u.com for the most up-to-date offers.

Contact our corporate sales and marketing department at perkspartners4uff@cr.Fitness to see your company listed here!