

BCBSVT Blue Extras Program Listing

Last Updated: October 2020

The Blue Extras program provides Blue Cross and Blue Shield of Vermont members with discounts at participating Vermont and New Hampshire businesses that promote healthy lifestyles.

Business Name	Discount	Location	Category
Acupuncture Clinic	20% discount	Barre, VT	Acupuncture
AcuWell Burlington	Helping people lose weight, quit smoking, relieve stress, improve their golf game and remove blocks that are keeping them from living the life they really want. All members will receive 20% off their first session.	Burlington, VT	Acupuncture
Alpenglow Fitness	10% off 6 and 12 month memberships (can not be combined with any other discounts). Or, take advantage of our corporate rate, just \$800/year for unlimited cycling classes when 5 or more employees from the same organization join together.	Montpelier, VT	Gyms & Health Clubs
Artemis Fitness	10% off all annual memberships	South Burlington, VT	Gyms & Health Clubs
Barre Jazzercise Fitness Center	\$54/month, no joining fee	Barre, VT	Gyms & Health Clubs
Be Fit Physical Therapy, LLC	10% off all rehab equipment (balls, bands, rollers, etc.). 10% off your orthotic order when fitted by one of our professionals (by appointment only).	Hanover, NH	Equipment
Bfit VT	20% off membership rates and personal training packages.	Bristol, VT	Gyms & Health Clubs
Bluewave Taekwondo	10% discount on monthly fee	Burlington, VT	Martial Arts
Bristol Fitness	20% off membership rates and personal training packages.	Bristol, VT	Gyms & Health Clubs
Burrows Specialized Sports	10% off non-sale merchandise (excluding current-year model bikes)	Brattleboro, VT	Equipment
Carter Community Building Association	Membership fee pricing: young adult- \$48, adult- \$71, senior- \$57, one-adult family- \$75, two-adult family- \$130, junior benefits- \$10	Lebanon, NH	Gyms & Health Clubs
Curves	Curves Fitness - \$49 & \$39 monthly based on 12 months and Curves Complete (see flyer)	Morrisville, VT	Gyms & Health Clubs
Dion Snowshoes	10% off with discount code BCBSVT10	Online	Equipment
Duke Fitness Center	10% off memberships and gym visit packages. (Not valid with any other specials.)	St. Albans, VT	Gyms & Health Clubs
Earl's Cyclery	10% discount on home fitness equipment treadmills, ellipticals, spinbikes/exercise bikes	South Burlington, VT	Equipment
Equipe Sports	10% off all non-sale products in stores	*see website for different locations	Equipment
Fit2Excel	10% off any membership	Essex Junction, VT	Gyms & Health Clubs
Fitness Options Personal Training	5% off regular rates. 3 hour intro offer of \$195 (includes assessment).	South Burlington, VT	Gyms & Health Clubs
Future Fit	10% off all single sessions and packages	Burlington, VT	Gyms & Health Clubs
Gaby G Yoga	15% off Yoga Skype Online sessions	Online	Gyms & Health Clubs
Grateful Yoga LLC	Sign up for services, starting at \$1/day for unlimited yoga online at www.patreon.com/gratefulyoga ; \$12 for drop-ins, \$115 for 10-class pass, \$120 for one-month unlimited class. Please mention that you are a Blue Cross and Blue Shield of Vermont member to receive a "new member" gift of a 30-minute one-on-one zoom session.	Montpelier, VT	Gyms & Health Clubs
Green Mountain Acupuncture	20% off for all acupuncture treatments (excludes supplements)	Colchester, VT	Acupuncture
Green Mountain CrossFit	10% off any monthly membership	Berlin, VT	Gyms & Health Clubs
Green Mountain Oasis	18% discount on massage therapy 60 minutes or longer	Bennington, VT	Massage Therapy
Hot Yoga Burlington VT	\$10 per class any time Note: our regular drop in cost is \$15	Burlington, VT	Gyms & Health Clubs
Killington Boot Camp	10% off any punchcard. 20% off KBC Race to the Peak 5K entry. 20% off first 3 months of online training and coaching memberships.	Killington, VT	Gyms & Health Clubs
Killington Golf Course	20% discount on 18 or 9 holes of golf without a cart	Killington, VT	Golf Courses
Lisa Schermerhorn Personal Coaching	20% off your first session	Montpelier, VT	Gyms & Health Clubs

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Lucid Path Wellness	\$20 off Energy Genesis Light and Sound Healing Sessions. Discount can be applied to your first 6 sessions and cannot be combined with any other discounts.	Montpelier, VT	Gyms & Health Clubs
Middlebury Fitness	50% off enrollment fee	Middlebury, VT	Gyms & Health Clubs
Mighty Melon	15% off (full priced) personal training sessions	Waterbury, VT	Gyms & Health Clubs
Mud City Adventures	10% off all children's programs, 20% off all family programs	Stowe, VT	Outdoor Activities
North Star Bowl	\$2 off each game bowled	Wilmington, VT	Bowling Centers
Paul Colletti	\$20 off the regular rate of \$60 for an hour session	Rutland, VT	Massage Therapy
Plan for Wellness, LLC	10% off health and wellness coaching (virtual or in person)	Manchester, VT	Gyms & Health Clubs
PT360	Free Aquatic, Pilates, or Yoga Class for your first visit at our Williston or Shelburne Locations (a \$15 value)	Williston or Shelburne, VT	Gyms & Health Clubs
Pyramid Fitness	\$10 off first massage therapy session, 10% off first salt cave session, one free month fitness membership with the purchase of a 6 month membership	Rutland, VT	Gyms & Health Clubs
QOR360	15% discount off all products listed on website. Call (802) 338-8736 for coupon code.	Colchester, VT	Equipment
RehabGym	10% off memberships	Barre, VT	Gyms & Health Clubs
RehabGym	10% off memberships	Colchester, VT	Gyms & Health Clubs
RehabGym	10% off memberships	Williston, VT	Gyms & Health Clubs
Shelburne Health	\$10 off regular full-time rate, 3 months for \$159 (not renewable)	Shelburne, VT	Gyms & Health Clubs
Snap Fitness - Berlin	5% off month-to-month membership rate; 20% off membership with a purchase of a 6-month training package that is billed monthly.	Berlin, VT	Gyms & Health Clubs
Snap Fitness - Burlington	5% off month-to-month membership rate; 20% off membership with a purchase of a 6-month training package that is billed monthly.	Burlington, VT	Gyms & Health Clubs
Snap Fitness - Milton	5% off month-to-month membership rate; 20% off membership with a purchase of a 6-month training package that is billed monthly.	Milton, VT	Gyms & Health Clubs
Snap Fitness - Morrisville	Free Enrollment. 5% off month-to-month membership rate	Morrisville, VT	Gyms & Health Clubs
Steve DeMasco's Shaolin Studios	1 free private lesson and 10% off all programs	Keene, NH	Martial Arts
Supreme Fitness	10% discount on membership (excluding special)	Brattleboro, VT	Gyms & Health Clubs
Synergy Fitness	10% discount on your choice of membership (not to be combined with any other special)	Williston, VT	Gyms & Health Clubs
The Climb	Annual Single/Family \$405/\$720, Monthly Single/Family \$41.25/\$75, Monthly with EFT Single/Family \$33.75/\$60	Brownsville, VT	Gyms & Health Clubs
The Edgar May Health & Recreation Center	10% off membership	Springfield, VT	Gyms & Health Clubs
The Gymnasium	10% off any regular membership or credit towards a massage, personal training or a 10 punch pass visit.	Rutland, VT	Gyms & Health Clubs
The Mountain Goat	Free Manchester & the Mountains recreation map	Manchester, VT	Outdoor Activities
The Yoga Place	10% off all yoga classes	Bennington, VT	Gyms & Health Clubs
Thrive Center of the Green Mountains	1 hour coaching sessions at \$45 (unlimited), three 75-minute massage/body work sessions for \$165, 20% off nutritional cleanse supplements and consultancy	Wallingford, VT	Massage Therapy
TouchChi Advanced Bodywork	\$25 off first session (new clients only)	White River Junction, VT	Massage Therapy
TruHearing	Save up to 60% off retail prices, on brand name hearing aids through TruHearing.	Statewide	Hearing Aids
Ultimate Fitness	10% off the purchase of a membership	Milton, VT	Gyms & Health Clubs

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Vasta	One 75 minute performance evaluation, four 60 minute personal training sessions - \$325 (\$425 value).	South Burlington, VT	Gyms & Health Clubs
Verilux	20% off all Verilux HappyLight Products with discount code: BLUEEXTRAS20	Online	Equipment
Vermont Bicycle Shop, LLC	10% off in stock regular priced parts and accessories	Barre, VT	Equipment
Vermont Gold Mountain Prospecting	\$5 off any purchase of \$50 or more	Arlington, VT	Outdoor Activities
Vermont Mobile Massage	\$10 off any full-body massage	Williamstown, VT	Massage Therapy
Vermont Salt Cave Spa & Halotherapy Center	10% discount on either a 45 minute salt cave session or 30 minute Hand and Foot Detox session upon presentation of your Blue Cross and Blue Shield of Vermont Membership Card	Montgomery Ctr, VT	Spa
Vermont Sport and Fitness	\$75 off your first Personal Training, Tennis Lesson, or Massage package	Rutland, VT	Gyms & Health Clubs
Vermont Sun Fitness Center	75% off enrollment fee	Middlebury, VT	Gyms & Health Clubs
Villari's Self Defense - Cambridge	Half-price registration and \$10 off each month for up to one year (for new members only); \$25 off virtual classes for the first three months	Cambridge, VT	Martial Arts
Villari's Self Defense - Charlotte	Half-price registration and \$10 off each month for up to one year (for new members only); \$25 off virtual classes for the first three months	Charlotte, VT	Martial Arts
Villari's Self Defense - Ferrisburgh	Half-price registration and \$10 off each month for up to one year (for new members only); \$25 off virtual classes for the first three months	Ferrisburgh, VT	Martial Arts
Villari's Self Defense - Richmond	Half-price registration and \$10 off each month for up to one year (for new members only); \$25 off virtual classes for the first three months	Richmond, VT	Martial Arts
Villari's Self Defense - South Burlington	Half-price registration and \$10 off each month for up to one year (for new members only); \$25 off virtual classes for the first three months	South Burlington, VT	Martial Arts
Wisdom Traditions Acupuncture	25% off all acupuncture treatments	Essex Junction, VT	Acupuncture
Yoga Lab	Helping people lose weight, quit smoking, relieve stress, improve their golf game and remove blocks that are keeping them from living the life they really want. All members will receive 20% off their first session. Buy one 10-class card at regular price, receive \$5 off all subsequent 10-class card purchases! Cannot be combined with other offers or discounts. Email sorsha@yogalabvt.com to request discount code.	Montpelier, VT	Gyms & Health Clubs
Yoga Roots	10% off a 10-class card and 10% off a 1 hour yoga session - Begins 9/1/2013	Shelburne, VT	Gyms & Health Clubs

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