



QUARTZ DISCOUNTS

PERKS & SAVINGSSM

Use your Quartz ID card to get discounts for fitness classes, yoga sessions, hearing aids, glasses, massage therapists, acupuncture and more!

PERKS & SAVINGS_{SM}

DISCOUNT PROGRAM

Your Quartz ID card is also a discount card at the businesses listed in this document! Just find the business by name, or go to the sections listed in order below:

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Just show your Quartz ID card to receive the discounts listed. It's that easy. No enrollment is needed!

More stores and clubs are joining Perks & Savings every month. Be sure to check back often.

**This program may be discontinued or amended at any time without notice. Quartz does not endorse or make any representations with respect to any participating vendor in the Perks & Savings program. Perks & Savings participating vendors are not agents or employees of Quartz; Quartz has no liability or responsibility for goods or services received under the Perks & Savings program. The Perks & Savings program is made available as a courtesy to our members and it is not part of your health insurance coverage. This program is not a contract between Quartz and participants and may be discontinued or changed at any time without notice.*

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ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
Barre3 Madison	Low impact workout classes Discount:10% off any class packages (5, 10, 20 class package)	2560 University Avenue Madison, WI 53705 608.347.7713	barre3.com
BDCH Sports & Fitness Center	monthly membership discount	803 S. University Ave., At BDCH Rehabilitation Beaver Dam, WI 53916 920.887.4114	
CoreActive Therapy, LLC <i>Fitness Training & Specialty Therapy</i>	Receive 10% off any initial visit for Strength & Conditioning or Visceral Mobilization. Receive 10% off any class (e.g. small group fitness, educational seminar)	6300 Enterprise Lane Suite 302 Madison, WI 53719 608.235.3301 608.310.6708	coreactivept@gmail.com www.coreactivetherapy.com
Coreography by Caroline	Discount: \$50 off a package of 10 sessions of health coaching or a 6 month weight loss program	3232 University Ave. Madison, WI 53705 608.692.1443	coreographybycaroline.com
Digman Fitness	\$100 off your first purchase of a 6-month group training membership	6729 Seybold Rd. Madison, WI 53719 608.732.0306	digmanfitness.com
Dustin Maher Fitness <i>Personal Training</i>	Participants receive one time offer and for new bootcampers, a free week of bootcamp/mamatone.	For a list of locations, please go to: madisonbootcamps.com/about-tc/#locations 608.616.5014	madisonbootcamps.com dustinmaherfitness.com
Elite Recovery Zone <i>Sports Recovery</i>	10 pack of recovery technology sessions for \$150 We accept HSA and FSA accounts. This can be used by individuals, families or teams. \$10 off initial one on one consultation towards individual body work recovery sessions	44 E. Mifflin St. Madison, WI 53703 608-957-7088	eliterecoveryzone.com
Get Fit Health Club	Monthly membership discount	N7156 E Plaza Dr. Beaver Dam, WI 53916 920-887-7601	getfithc.com
Great State CrossFit	First Week Free \$10 off your first month Much show proof of insurance at time of sign up	2500 Rimrock Rd Suite 104, Madison, WI 53713 608.338-8016	greatstatecrossfit.com/
Impact Training <i>Personal Training</i>	10% off all packages - PLUS Free Week Trial	1203 W Woodcroft Pkwy Durham, NC 27713 417.298.0190	www.impacttraining.co/
Kamps Fitness <i>FitnessTraining</i>	Hiit Training Groups Fitness Classes First Class Free 20% all packages	435 N. Frances St. Madison, WI 53703 608.225.9575	kampsfit.com
Orangetheory Fitness Madison <i>Fitness Training</i>	Complimentary session (\$25 value) and eligible for lower rates with a choice of month-to-month membership options.	2501 W. Beltline Highway # 105 Madison, WI 53713 608.709.8099	madison.orangetheoryfitness.com

ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
Orangetheory Fitness Madison-West <i>Fitness Training</i>	Complimentary session (\$25 value) and eligible for lower rates with a choice of month-to-month membership options	7803 Mineral Pt. Rd. (next to FedEx Office) Madison, WI 53717 608.960.4044	madisonwest.orangetheoryfitness.com/
Princeton Club <i>Fitness Center</i>	6 free months of hydro massage added to the purchased of a 12 or 24 month membership	8080 Watts Rd, Madison, WI 53719 608.833-2639	princetonclub.net/
Pure Barre Madison Hilldale <i>Fitness Training</i>	Discount: 15% discount on fitness class packages	Pure Barre Madison Hilldale 702 N. Midvale Blvd. Madison, WI 53703 608.238.3610	purebarre.com/WI-madison
Serious Fitness <i>Personal Training</i>	Receive 10% off any personal training package.	2401 Waltham Road Madison, WI 53711 608.438.6306	
Wellness Works <i>Exercise, Nutrition and Massage Therapy</i>	Receive 10% discount on exercise and nutrition classes and/or massage therapy.	125 Hospital Drive Watertown, WI 53098 920.262.4639	
ATA Madison West <i>Martial Arts Classes</i>	Offering martial arts, self-defense, and child safety classes to people of all abilities, ages 3 years and up. Complimentary first class and 20% off 3-Month Intro Program. Valid for new students only. Not to be combined with any other discounts / coupons.	5708 Raymond Rd, Suite B Madison, WI 53711 608.212.8473	atamadison.com
Karate America <i>Fitness Classes</i>	Receive one month of unlimited Cardio Kickboxing/Fitness classes or Karate (includes uniform) for only \$9.95. Valid for new students only. Not to be combined with any other discounts/coupons.	Karate America DeForest 318 N Main St, 608.846.0404 Karate America Lodi 108 Lodi Street Lodi, WI 53555 608.592.4800 Karate America Waunakee 1340 Montondon Avenue Waunakee, WI 53597 608.849.7526 Karate America Poynette 213 North Main Street, Poynette, WI 53955 608.592.4800 Karate America Prairie Du Sac 625 Water Street Prairie du Sac, WI 53578 608.643.5450	pkaschools.com deforestka.com

EXERCISE CLASSES

ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
Dance Life Studio and Fitness	Free four-class punch card.	3725 Seybold Road Madison, WI 53719 608.616.9440	info@madisonlifedance.com
Jazzercise Exercise Classes	No joining fee and the first month free with a six or 12 month registration. 60-minute class incorporating cardio, strength, and stretch moves for a total body workout. All ages, levels, and sizes welcome. <ul style="list-style-type: none"> • Beloit Jazzercise • Cambridge Jazzercise • Edgerton Jazzercise • Fort Atkinson Jazzercise • Jefferson Jazzercise • Janesville Jazzercise • Marshall Jazzercise • Madison Jazzercise • Watertown Jazzercise 	<u>Bethesda Lutheran Homes Gym</u> 700 Hoffman Drive Watertown, WI 53098 262.719.2389 <u>Cambridge Elem. School Gym</u> 802 W. Water St. Cambridge, WI 53523 608.754.8680 <u>Dance Attitudes</u> 10 S. Main St., Rear entrance Janesville, WI 53545 608.754.8680 <u>Early Learning Center Gym</u> 369 School St. Marshall, WI 53559 608.754.8680 <u>Grinnell Hall</u> 631 Bluff St. Beloit, WI 53511 608.754.8680 <u>Immanuel Ev. Lutheran Church</u> 204 N 10th Street Watertown, WI 53098 <u>Janesville</u> 54 S. Jackson Street Janesville, WI 53548 608.751.3703 <u>Jefferson City Hall</u> 317 S. Main St. Jefferson, WI 53549 608.754.8680 <u>Lake Mills</u> 613 Jefferson Street Lake Mills, WI 53551 920.988.3371 <u>Luther Elementary School Gym</u> 205 Park St. Fort Atkinson, WI 53538 608.754.8680 <u>Madison</u> 6630 Mineral Point Road (inside the Clock Tower Court) Madison, WI 53705 608-609-7602 <u>United Methodist Church</u> 112 Albion St. Edgerton, WI 53534 608.754.8680	jazzercise.com

ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
Swim Reedsburg <i>Family Fitness Center</i>	<p>Receive 10% discount on the following:</p> <p>Red Cross Training classes: Individuals who would like to become certified or re-certified in CPR, First Aid, a variety of Lifeguard Training classes and CPR and First Aid for the professional including Bloodborne Pathogen Training.</p> <p>Summer Camps: 3 day camps for kids throughout the summer. One will focus on survival skills, boating, camping, some basic first aid skills & swimming. Another will be focused on healthy eating and some fun exercises.</p> <p>Drop-In Rates - Family swim, lap swim, & fitness classes.</p>	E6881 North Dewey Avenue Reedsburg, WI 53959 608.524.4555	swimreedsburg.com
Swimwest <i>Family Fitness Center</i>	<p>\$85 Ten Visit Family Swim Punch Pass for \$65</p>	1001 Deming Way Madison, WI 53717 608.831.6829	swimwest.com
Bliss Flow Yoga & Wellness Center <i>Yoga Classes</i>	<p>Receive 10% off the total purchase of an annual membership.</p>	3527 University Avenue, Madison, WI 53705 608.273.3569	blissflowyoga.com
Dragonfly Hot Yoga <i>Yoga Classes</i>	<p>Introductory offer of one month of unlimited yoga for only \$40. Quartz members receive \$30 off their 2nd month of membership and a 10% discount on class passes.</p>	6227 McKee Road Fitchburg, WI 53719 608.274.9642 610 Junction Road Madison, WI 53717 608.203.9000	dragonflyhotyoga.com
Harbor Wellness Studios <i>Pilates, Yoga and TRX Classes</i>	<p>Save 10% off a 10 class yoga/Pilates/TRX pass at Harbor Wellness Studios</p>	2529 Allen Boulevard Middleton, WI 53562 608.821.6501	harborathletic.com
Humble Yoga <i>Yoga Classes</i>	<p>Discounts: 50% off first month of unlimited yoga (Savings of \$47.50)</p>	412 Water Street Prairie du Sac Wisconsin 53578 608.354.9155	humbleyogallc.com
Inner Fire Yoga <i>Yoga Classes</i>	<p>Inner Fire Yoga offers a variety of yoga styles including: Inner Flow Yoga, Power Flow Yoga, Hot Yoga, Core Fire Yoga and Yin Yoga.</p> <p>Quartz members can receive a special introductory offer of a month of unlimited yoga for \$30 as well as receive Inner Fire's discounted rates. Quartz members must request discounted rate.</p>	5003 University Avenue, Madison, WI 53705 608.661.0167	info@innerfireyoga.com innerfireyoga.com
Insight Counseling & Wellness <i>Yoga Therapy</i>	<p>50% off initial session of yoga therapy and 20% off further sessions.</p>	2002 Atwood Avenue Suite 217 Madison, WI 53704 608.244.4859	insightmadison.com

ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
Monona Yoga Center <i>Yoga, Wellness</i>	10% off any class package 15% off membership	320 West Broadway Monona, WI 53716 608.572.4831	mononayoga.com
Reedsburg Yoga	First time members receive the first class free and 10% off a purchase of 15 sessions.		
Sapphire Yoga & Wellness <i>Yoga Studio</i>	Receive 10% off a 10 class pass.	202 S. Century Avenue Waunakee, WI 53597 608.655.9000	waunakeeyoga.com
The Studio <i>Yoga Classes</i>	Receive 50% off first month of membership for Yoga.	613 Williamson Street Suite 204A Madison, WI 53703 608.712.2269	thestudiomadison.com
WI Union Mini Courses <i>Yoga and Pilates Classes</i>	Receive 10% discount on all Yoga and Pilates registrations.	Various locations Madison, WI 608.262.5759	union.wisc.edu/events-and-activities

Fertility Care

Vendor	Quartz Member Advantage	Location	Online
Generations Fertility Care	Discount: Applies to any GFC IVF or Donor IVF Cycle Package. Total discount is \$500.	2365 Deming Way Middleton, WI 53563 608.826.6706	uwhealth.org/infertility/reproductive-endocrinology-and-infertility/14380

Fitness Equipment

Vendor	Quartz Member Advantage	Location	Online
Monroe Real Training, LLC <i>Fitness Equipment</i>	Receive free delivery on all phone orders for Lifeline USA functional fitness equipment when you purchase through Monroe Real Training. Go to: http://www.lifelineusa.com to view all the products available. Plus, receive 10% off on all purchases of \$149 or more! A free demonstration is also included, by a certified professional personal fitness trainer, on all functional fitness equipment purchases. Free delivery for kettlebells must be within a 45 mile radius of Madison, WI. We provide In-home Personal Fitness Training...we come to you! (Madison, WI area)	462 Water Street Suite 101 Prairie du Sac, WI 53578 Kevin Monroe 608.235.8258	monroerealtraining.com
Vision Fitness <i>Fitness Equipment</i>	Vision Fitness started as a division of Trek Bicycle Company and has since spun off to become one of the top fitness equipment companies in the U.S. They offer award-winning fitness bikes, treadmills, and elliptical trainers. Receive a 10% discount on all Vision Fitness equipment purchased at 2nd Wind stores in Wisconsin. This discount cannot be combined with any other offer. 2nd Wind is an authorized Vision Fitness retailer.	For the 2nd Wind store nearest you, visit johnsonfit.com/find-a-store	johnsonfit.com/vision-fitness

Nutrition & Weight Loss

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
Coreography by Caroline	Discount: \$50 off a package of 10 sessions of health coaching or a 6 month weight loss program	3232 University Ave. Madison, WI 53705 608.692.1443	coreographybycaroline.com
Healthy Women Weight Management	\$50 discount upon enrollment	7617 Mineral Point Rd. Madison, WI 53717 608.220.9060	loseweightmadison.com
Thrive Nutrition	Receive \$20 of an initial 60 minute nutrition session.	Margaret Wertheim, MS, RDN, CD 6041 Monona Drive Madison, WI 53716 608.492.1568	Margaret@thrivenutritionmadison.com
Tracie Fountain Nutrition, LLC <i>Nutrition</i>	Participants get \$100 off an 1.5 hour initial visit session	2275 Deming Way Suite B100 Middleton, WI 53562 608.213.2021	traciefountain.com
Wellness Forever <i>Weight Management</i>	Receive one free weight management consultation session after completion of 10 paid weight management consultation sessions	560 Scott Street Oregon, WI 53575 608.835.5207	

Massage Therapy, Acupuncture & Spa Services			
Vendor	Quartz Member Advantage	Location	Online
Ahh-mazing Massage LLC <i>Massage</i>	\$10 off for first massage appointment and \$5 off ever massage after.	233 E. Main Street Reedsburg, WI 53959 815.623.8900	ahhmazingmassage.massagetherapy.com
A Better Body LLC <i>Massage Therapy</i>	<ul style="list-style-type: none"> \$20 off a 60 minute therapeutic massage for first time clients. \$10 off packages of 4 one hour massage sessions. 	6417 Odana Road Suite 25 Madison, WI 53719 608.239.4828	madisonbetterbody.com
A Glo Spa & Salon Co <i>Massage</i>	Discount: 10% off all Massages	3023 Milton Ave., Suite 161 Janesville, WI 53545 608.741.7848	
Acupuncture Works <i>Acupuncture</i>	Receive a \$10 discount for each of three regular-priced acupuncture treatments every calendar year.	1605 Monroe Street Suite C Madison, WI 53711 Amy P. Crikelair, M.Ac. ,C.A. 608.250.2536	acu-works.com
Advance PT & Sports Rehab <i>Massage Therapy</i>	Receive 10% discount for every one hour massage therapy treatment and / or \$2.00 off (or \$8.00 per session) for the use of the Alter-G Anti-gravity treadmill.	1626 North Spring Street Suite B Beaver Dam, WI 53916 920.356.0122	karren.ko@advanceptsports.com
Atlas Massage, LLC <i>Massage Therapy</i>	Receive discount price of \$65 for every one hour massage or \$90 for a one and a half hour massage.	715 Hill Street # 242 Madison, WI 53705 608.220.5653	atlasmassage.llc@gmail.com
Atwood Acupuncture Center, LLC <i>Acupuncture</i>	20% discount on initial Acupuncture treatment and \$5 discount on follow-up visits.	111 South First Street Suite 170 Madison, WI 53704 608.256.5080	atwoodacupuncture.com
B.E. Hive Salon & Spa <i>Massage Therapy</i>	Receive 10% discount for massage, facials & ion cleanse. <i>Facials & cleanse are not reimbursable under the Fitness First & More Program.</i>	123 E. Milwaukee Street Jefferson, WI 53549 920.674.2341	behivehairsalon.com/
Beijing Acupuncture & Chinese Herbal Medicines <i>Acupuncture</i>	\$20 off the initial acupuncture treatment and free consultation.	6255 University Ave. Suite 202 Middleton, WI 53562 608.238.3333	
Blossoming Soul Massage, LLC <i>Massage Therapy</i>	Receive 20% off of the current rate for massage on their initial visit and 10% off of subsequent visits. Not to be combined with any other discounts/coupons.	3205 East Washington Avenue Madison, WI 53704 608.222.2700 608.397.9559	
Bodywork By Missi	\$10 off any massage session	6314 Odana Rd #2b Madison, WI 53719 (located within Avanti Massage) 608.469-9348	

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
Cara Kowalski, LMT <i>Massage Therapy</i>	\$10 off any regular priced massage.	6401 Odana Road Suite 14 Madison, WI 53719 608.513.5633	carakowalski.com
Capital Acupuncture and Therapeutic Massage <i>Accupuncture & Therepeutic Massage</i>	Board-certified acupuncturist/massage therapist with 18 years experience specializing in sports injuries, orthopedics, and neurological issues. 20% discount on first visit and \$5 discount on follow-up visits.	Capital Acupuncture and Therapeutic Massage* 4510 Regent Street, Suite C Madison, WI 53705 608.999.0728	capitalacupunctureandmassage.com/
Centre for Health & Well Being <i>Massage & Aromatherapy</i>	CrainoSacral Therapy – 4 sessions for \$300 (\$95 regularly) sessions include aromatherapy Clinical Aromatherapy – \$20 for the first consultation (\$40 regular)	2842 Trail View Drive Verona, WI 53593 Diane Kahler 608.845.5647	softtissuehealth@aol.com
Chi's Acupuncture & Tui Na Center <i>Acupuncture</i>	Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.	1 Odana Rd Madison, WI 53719 4441 Woodgate Drive Janesville, WI 53546 608.661.8866 608.770.5334	chi-acupuncture-tuina.20m.com
Create Thrive Grow <i>Massage Therapy</i>	Massage Therapy discounts – <ul style="list-style-type: none"> • \$15 off first session (regularly \$ 70 for 1 hour and \$ 90 for 1.5 hr) • \$5 off each session when you purchase a package of 5 massages • \$10 off each session when you purchase a package of 10 massages 	5055 Marathon Drive Madison, WI 53705 608.233.8569	CreateThriveGrow.com
Creative Touch Bodyworks, LLC <i>Massage Therapy</i>	Receive \$10 off for a first time massage and 10% for all subsequent visits.	4915 Farwell Street, McFarland, WI 53558 608.877.2850	
Dane County Family Acupuncture <i>Acupuncture</i>	Receive \$10 off of your initial consultation and treatment, plus \$5 off of follow-up treatments.	6041 Monona Drive Suite 101 Monona, WI 53716 608.222.0250	
Dr. Wang's Acupuncture Clinic <i>Acupuncture</i>	Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.	5950 Seminole Centre Court Suite 145 Fitchburg, WI 53711 608.957.9677	wanghacu@gmail.com
Dr. Zhou's Acupuncture & Pain Management Clinic <i>Acupuncture and Massage</i>	Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.	6425 Normandy Lane, Madison, WI 53719 608.236.9000	herbalpalace.com

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
Dow Chiropractic & Acupuncture <i>Acupuncture and Massage Therapy</i>	Receive 25% off initial visits of acupuncture and massage and 10% off subsequent visits of acupuncture and massage.	615 N. Sherman Avel Suite 22 Madison, WI 53704 608.233.3588	dowchiropractic.com
East-West Healing Arts Institute <i>Massage Therapy</i>	Receive a one-hour professional massage with a \$5 discount .	6425 Normandy Lane Madison, 53719 608.240.1600	acupressureschool.com
Elements Massage <i>Massage Therapy</i>	\$20 off first visit	1950 Cayuga St. Middleton, WI 53562 608.669.2584	elementsmassage.com/middletonwi
Elements Massage of Sun Prairie <i>Massage Therapy</i>	\$20 off first visit	The Shoppes at Prairie Lakes 2804 Prairie Lakes Drive, Suite 102 Sun Prairie, WI 53590 (608) 834-0214	elementsmassage.com/sun-prairie
Escential Massage <i>Massage Therapy</i>	Receive \$30 off introductory visit for new clients .	Lower level of Frank Lloyd Wright Bldg at 6720 Frank Lloyd Wright, Madison, WI 53562 608.712.5077	yourscentialmassage.com
Family Clinic of Natural Medicine <i>Acupuncture</i>	Receive a 20% discount on the initial visit and then \$10 off of following treatments.	4710 E Broadway Suite 190 Madison WI 53716 608.222.2700	familynaturalmedicine.com
First Sun Studio <i>Zero Balancing and Massage</i>	Receive a 25% discount on an initial Zero Balancing session and 20% discount on an initial therapeutic massage.	3720 9th Drive, Wisconsin Dells, WI 53965 608.254.6022	
Genesis Wellness <i>Massage Therapy</i>	Receive a discount of 10% on packages of 5 or more massage sessions.	550 Sunrise Drive, Suite 108 Spring Green, WI 53588 608.438.8798	
Gentle Tiger Acupuncture LLC <i>Acupuncture and Oriental Medicine</i>	Receive a discount of 10% on your visit and \$3 off each follow up visit. Package sessions are excluded.	6629 University Ave. Suite 101 Middleton, WI 53562 608.831.8160	
Gently Down the Stream <i>Acupuncture</i>	Receive \$5.00 off each visit. Not to be combined with other discounts, coupons.	835 Wisconsin Avenue Boscobel, WI 53805 219 W. Maple Street Lancaster, WI 53813 715.969.9255	munimumm@spacestar.net
Grandmother Moon Clinic <i>Acupuncture</i>	Discount: \$20 off initial Acupuncture Treatment/visit and \$5 discount on follow-up visits for up to four subsequent visits	608 Water Street Prairie du Sac, WI 53578 & 600 Highland Avenue Madison, WI 53792 608.588.4464	

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
Harmony Acupuncture & Herbal Medicine	Discount: 20% discount on initial visit and \$5.00 discount on follow-up visits.	3240 University Ave. # 3B Madison, WI 53705 608.204.0101	
Healing Point <i>Acupuncture, Herbal Medicine, Diet and Nutrition Counseling</i>	20% off initial consult (normal price \$90) \$5 off return visits	6320 Monona Dr Suite 207 Monona, WI 53716 608.225.7195	healingpoint-acu.com/
Healthy Prelude, LLC <i>Therapeutic Massage Therapy</i>	“Healing With the Bounty of Nature” Offering: Massage Therapy, Cranial Sacral, Deep Tissue, Myofascial Release, Zero Balance, Lymphatic, Yoga, Reiki. 15% off any therapy at the going rate, up to 4 sessions, 10% off any further treatment session.	W9833 Scandinavia Lane Elroy, WI 53929 608.462.4010	harmonyacupuncturemadison.com
Indira <i>Spa Services</i>	Receive 10% discount on all spa services each time you visit.	2066 Central Drive Green Bay, WI 54301 920.437.7980	indirasalonspa.com
Indulge Spa, LLC <i>Massage Therapy</i>	10% off 60 minute massage treatments	4339 East Towne Way Madison, WI 53704 608.249.7047	indulgespa.net
InnerSparks, LLC <i>Reiki & Life Coaching Services</i>	Receive 10% off Reiki and Life MAPS (Mind At Peace) Individual Programs. InnerSparks, LLC specializes in Integrating Mind, Body and Soul to create a Healthy, Meaningful and Prosperous Life. In-person and phone sessions available.	715 Hill St. Suite 270 Madison, WI 53705 Andrea Kivolowitz, OTR/L, Reiki Master Teacher, Professional Life Coach 608.516.7087	innersparks.com andrea@innersparks.com
Isthmus Wellness, LLC <i>Acupuncture & Massage</i>	10% discount on acupuncture and massage, not valid with any other discounts.	515 Junction Road, Suite 2300, Madison, WI 53717 608.441.9355 info@isthmuswellness.com Text for appointment: 608.598.9516	isthmuswellness.com
Johnston Integrative Therapy <i>Massage, Myofascial Release Therapy, Cupping, Lymph Drainage</i>	\$10 off of first visit.	128 S Concord Ave, Watertown, WI 53094 920.285.8041	http://www.johnstonintegrativetherapy.com/
Jude Christensen, LMT <i>Massage</i>	20% off up to five, one hour massages or gift certificates for new or returning clients.	210 S. Water Street Watertown, WI 53094 262.203.0230	gentlejude@me.com
Juno Wellness LLC <i>Acupuncture & Massage</i>	50% discount for first-time clients for massage and acupuncture and thereafter a 15% discount.	6904 University Avenue Middleton, WI 53562 608.234.8667	junowellnesscenter.com/

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
Laura Novak Massage <i>Massage Therapy</i>	\$10 off first one hour massage, \$5 off each one hour massage after that.	2626 Park Place, Madison, WI 53705 715.379.1797	lauranovakmassage.com lauranovakmassage@gmail.com
Life Kneads Massage <i>Massage Therapy</i>	\$10 off first one hour massage, \$5 off each one hour massage after that.	2711 Allen Blvd Middleton, WI 53562 608.831.8118	tina@lifekneads.com
Lighthouse Healing Massage Therapy LLC <i>Massage Therapy</i>	\$10 off first one hour massage (new customers only), and \$5 off each one hour massage after that.	6441 Enterprise Lane Suite 212B Madison, WI 53719 608.216.6761	lighthousehealing.com/
Lilly Love ~ <i>Family Massage Therapy</i>	Offering 60 Minutes for \$55 (\$5 off), 90 Minutes for \$90 (\$15 off) and 120 Minutes for \$115 (\$25 off) when you present with your Quartz id card.	Jennifer Henze, LMT 511 Madison Avenue Fort Atkinson, WI 53538 262.473.9982	Lillylovehealth@gmail.com
Lisa Tiedt Therapeutic Massage <i>Massage Therapy</i>	Receive \$10 discount on one regular price one hour massage session. Special package offered at \$275 for five one hour sessions. Session based on individual needs, incorporating relaxation and specific therapeutic techniques.	2158 Atwood Ave. Suite 205 Madison, WI 53704 608.669.5363	
Lori Terrill, LMT <i>Massage Services</i>	Save 10% on all massage services.	624 Isadore Street Stevens Point, WI 54481 715.204.0146 715.342.9355	lori@wifamilywellness.com
Madison Acupuncture & Bodywork <i>Acupuncture, Massage Therapy, Cupping, Supplements, Herbs, Topical Creams</i>	10% off Acupuncture visit.	133 S. Butler St., Suite 201. Madison, WI 53703 608.213.3664	madisonacupuncturebodywork.com
Madison Acupuncture & Complementary Medicine <i>Acupuncture</i>	Receive \$20 off the initial consultation with treatment and \$5 – \$15 off follow-up acupuncture visits with the purchase of prepaid package of visits (discount depends on package size purchased).	6402 Odana Road Madison, WI 53719 608.467.9711	Madison Acupuncture Medicine.com
Madison Area Massage, LLC <i>Massage Therapy</i>	Providing in home and on site massage therapy services. Receive 10% discount to members who receive services.	110 Georgiana Circle Madison, WI 53716 608.334.9125	

Massage Therapy, Acupuncture & Spa Services

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
Madison Physical Therapy and Consulting, LLC <i>Massage Therapy</i>	Quartz members get \$10 off with the purchase of 6 regularly priced visits of: <ul style="list-style-type: none"> • Personal Training • Massage Therapy 	1605 Monroe Street, Suite C Madison, WI 53711 608.957.7088	madisonptandconsulting.com/
Mary Root, Massage Therapist <i>Therapeutic Massage</i>	Receive 10% off massage sessions.	104 Sunset Avenue Soldiers Grove, WI 54655 608.624.5944	
Massage For You <i>Massage Therapy</i>	\$10 off each visit	1940 Cayuga Street Middleton, WI 53562 608.658.4329	massageforyou.co massageforu2010@live.com
Massage Therapy at Mile Bluff Medical Center <i>Massage Therapy</i>	\$5.00 off each visit of massage therapy services.	1050 Division Street Mauston, WI 53948 608.847.1422	milebluff.com/services/rehabilitation/massage-therapy.html
Massahhge, LLC <i>Relaxation & Therapeutic Massage</i>	Receive a discounted price of \$50 on each customized, one-hour massage, designed for women. Regularly priced at \$80.	4905 Ascot Lane #3 Madison, WI 53711 Carol Ann Smith, BA, CMT, Nationally Certified Massage Therapist 608.338.1532	carol_massahhge@yahoo.com
Menomonee Falls Acupuncture Clinic LLC <i>Acupuncture</i>	Receive \$10 off initial assessment & treatment and \$5 off follow up treatments.	N79 W14700 Appleton Avenue Menomonee Falls, WI 53051 920.602.7915	acuwebb@yahoo.com
Natural Balance Massage Therapy <i>Massage Therapy</i>	Discount: \$10 off first 60 minute massage	506 Crocker Street Mazomanie, WI 53560 608.444.6843	naturalbalance.abmp.com/
New Self Renewal Center <i>Massage Therapy</i>	\$55 for one hour massage , discounted price from \$61	6300 Enterprise Lane, Madison, WI 53719 608.310.6775 608.630.1568	newselfrenewal.com
New U, LLC <i>Mind, Body and Spirit</i>	Free initial consult and a 10% discount for any six or 12 week New U program for individuals and small commQuartz groups.	608.212.2154	newutoday.com
Nichole's Massage – Wellness Within <i>Massage Therapy</i>	10% off 60 minute massage	113 S. Main Street Suite 101 Lodi, WI 53555 608.206.0356	

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
Oasis Day Spa <i>Spa Services</i>	Receive 20% discount for a la carte services. Sometimes a luxury, always a lifestyle!	8016 Watts Road Madison, WI 53719 608.828.9470	oasisdayspamadison.com
Origins Acupuncture and Wellness <i>Acupuncture</i>	\$20 off initial appointment and \$5-\$15 off for follow up appointments.	608 Water Street Prairie du Sac, WI 53578 and 1861 Springdale St Mt Horeb, WI 53572 608.301.5799	originsacu.com
Peak Performance Massage <i>Massage</i>	\$15 Off First Time Visit Option to sign up for membership at a Preferred Member Rate of \$15 Off Each Additional Session	6502 Grand Teton Plaza Suite 101 Madison, WI 53719 608.770.2081	ppmmassage.com
Prosperity Acupuncture <i>Acupuncture</i>	Receive 20% discount for the initial visit and \$5 off for each follow up visit.	715 Hill Street Suite 230 Madison, WI 53705 608.288.1240	prosperityacupuncture@gmail.com
Reach Massage and Bodywork <i>Massage Therapy</i>	\$20 off initial appointment and \$10.00 off all following appointments.	604 Crandall St. Madison, WI 53711 608.217.0933	madisonthaimassage.com
Reedsburg Area Therapeutic Spa <i>Massage Therapy</i>	\$15 off each one hour or longer of therapeutic massage	1104 21st St., Suite D Reedsburg, WI 53959 608.768.7287	reedsburgspa.com
Reedsburg Area Medical Center Massage Therapy	\$5 off a 90, 60, 45 or 30 minute massage or Thai Massage	2000 N. Dewey Avenue Reedsburg, WI 53959 608.768.6120	ramhealth.com/our-services/massage
Rejuvenation Spa	Receive a 5% discount on all spa services each time you visit this Aveda Lifestyle Spa and Salon.	7420 Mineral Point Road Madison, WI 53717 608.831.SKIN (7546) 2824 Prairie Lakes Drive Sun Prairie, WI 53590 608-837-2200	rejuvenationspa.net
ReLeaf Bodywork Therapy LLC <i>Massage Therapy</i>	<ul style="list-style-type: none"> 10% discount on initial 1-1/2 hour session, including consultation and bodywork 10% discount on purchase of 3 bodywork sessions offering craniosacral, neurovascular integration, zero balancing, acupressure, along with movement and self-care instruction 	330 South Whitney Way #111 Madison, WI 53705 608.957.1816	ReLeafBodywork.com
Renew You, LLC <i>Massage Therapy</i>	\$15 off first massage and \$10 off for 60 or 90 minute massages.	411 Prairie Heights Drive Verona, WI 53593 608.770.7116	renew-you.org
Renewed Spirit Day Spa, LLC	15% off for the first visit. *Not to be combined with other discounts and promotions.	1280 W. Main St., Suite 110 Sun Prairie, WI 608-852-1373	renewedspiritdayspa.com

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
Renu Massage & Day Spa <i>Massage Therapy</i>	\$5 off any therapeutic massage service excluding spa packages	6417 Normandy Lane, Suite 208 Madison, WI 53703 608.438.5342	renumadison.com
Resolution Therapeutic Massage, LLC <i>Massage Therapy</i>	Receive \$10 off first visit and 10% off consecutive visits.	433 West Washington Avenue Madison, WI 53703 608.443.7048	resolutionmassage.com andrea@resolutionmassage.com
Roberts Therapeutic Massage <i>Massage Therapy</i>	Receive 10% discount on 30 minute and 60 minute massages.	154 McCrae Road, Fall River, WI 53932 608.697.1070	gandtroberts@mags.net
RoJene Brown, CMT, LMT <i>Massage Therapy</i>	Receive a first time discount of \$10.00 to new clients on a one hour massage and 10% off on all future massages including current clients.	<i>Located within Luedtke Storm Mackey Chiropractic</i> 204 West Cottage Grove Road, Cottage Grove, WI 53527 608.839.1172 <i>Located within Luedtke Storm Mackey Chiropractic</i> 1633 West Main Street Sun Prairie, WI 608.837.7712 <i>Located within Columbus CommQuartz Hospital</i> 1515 Park Avenue, Columbus, WI 53925 920.623.6646	
Sacred Space Studio <i>Massage Services</i>	Participants receive \$20 off every massage. <i>Does not include aromatherapy and hot stones.</i>	2158 Atwood Avenue Suite 207 Madison, WI 53704 860.941.2880	
Seventh Heaven Massage Studio <i>Massage Services</i>	Receive: <ul style="list-style-type: none"> • \$49 massage for first time clients • \$10 off second massage • 10% off Hot Stone Therapy and / or \$165 off from membership and wellness program 	5317 Old Middleton Rd. Suite 102 Madison, WI 53705 608.358.7242	info@massagetherapy-madison.com
SolEscape Healing Arts <i>Massage Therapy, Acupuncture and Waxing</i>	\$5.00 off one hour or more of Therapeutic/ Relaxation Massage and/or \$5.00 off Acupuncture and/or 10% off waxing. Not to be combined with any other discounts/ packages/coupons when you present with your Quartz id card.	2007 Atwood Avenue Madison, WI 53704 608.216.9500	solescape-healingarts.com
Studio 262 Salon <i>Spa Services</i>	Deep tissue massages for \$75 an hour (regular priced at \$85) and relaxation massages \$65 (regular priced at \$75).	1620 Deming Way #104 Middleton, WI 53562 608.831.4500	studio262salon.com

MASSAGE THERAPY, ACUPUNCTURE & SPA SERVICES

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
Studio Z <i>Spa Services</i>	Receive 20% off all spa services.	6025 Monona Drive Madison, WI 53716 608.221.7888	studiozmadison.com
Synergy Massage and Wellness <i>Acupuncture and Massage Therapy</i>	Receive 25% off initial visits of acupuncture and massage and 10% off subsequent visits of acupuncture and massage	615 N. Sherman Ave. Suite 22, Madison, WI 53704 608.233.3588	
The Spa – Sun Prairie <i>Massage Therapy</i>	Get 20% off for any new clients on their initial visit for all spa services and 10% off any following visits for all spa services with vendor. Not valid with other promotions or spafinder.	804 Liberty Blvd., #103 Sun Prairie, WI 53590 608.825.4772	general.thespa@gmail.com
Therapeutic Massage by Debra <i>Massage Therapy</i>	Save 15% on massage therapy services.	841 N. Gammon Road Unit F Madison, WI 53717 608.209.2439	
Unwind Therapeutic Massage <i>Massage Therapy</i>	\$65 one hour massage including hot stone, hot towel and aromatherapy (\$20 value) OR \$220 package of (4) 60 minute massages also including hot stone, hot towel and aromatherapy (\$40 value).	6720 Frank Lloyd Wright Ave. Middleton, WI 53562 608.616.2727	madisonunwind.com
Verban Massage and Body Therapy <i>Massage Therapy</i>	Receive an initial consultation and 60-minute massage for 10% off regular rate.	700 Rayovac Drive #103 Madison, WI 53711 608.338.6259	
Vital Touch, LLC <i>Massage & Acupressure Services</i>	Save 10% on massage services and 15% on acupressure services.	313 Price Place Suite 1 Madison, WI 53705 <i>Located near Hilldale Mall</i> 608.335.6777	amtamassage.org/famt/vitaltouch
UW Health Massage & Acupressure Services	Receive 10% discount on exercise and nutrition classes and/or massage therapy.	125 Hospital Drive Watertown, WI 53098 920.262.4639	
West Bend Acupuncture <i>Acupuncture</i>	\$10 off initial assessment and treatment \$5 off follow up treatments	128 N. Main St Suite 201 West Bend, WI 53095 920.602.7915	

Hearing and Optical - Hearing instruments, contact lenses and surgery options

Vendor	Quartz Member Advantage	Location	Online
Anderson & Shapiro Eye Care <i>Refractive Eye Surgery</i>	Receive a \$100 discount per eye for refractive surgery. Discount cannot be applied in addition to any other discount program.	1200 John Q. Hammons Drive, Suite 102, Middleton, WI 53717 608.827.7705	be2020.com
Associated Hearing Professionals <i>Hearing Aids/ Listening Devices</i>	Save 10% on standard programmable and digital hearing aids, evaluations, and assistive listening devices.	4510 Regent Street Madison, WI 53705 608.238.1199	
Isthmus Eye Care	Receive 20% off a complete pair of prescription eyewear (frame and lenses).	7601 University Avenue STE 102, Middleton, WI 53562 608.831.3366 and 3225 East Washington Avenue, Madison, WI 53704 608.249.5548	isthmuseye.com/
LasikPlus <i>Laser Vision Services</i>	Receive 15% off standard prices or 5% off promotional prices or the set prices below- whichever results in the lowest price. LasikPlus Set Prices <ul style="list-style-type: none"> • \$695* per eye - Traditional LASIK w/ IntraLase (Free enhancements for 1 year) • \$1,395 per eye - Traditional LASIK w/ IntraLase (Free enhancements for life if medically appropriate) • \$1,895 per eye - Custom LASIK w/ IntraLase (Free enhancements for life if medically appropriate) LasikPlus also offers members: <ul style="list-style-type: none"> • A Free LASIK exam (over \$100 value) • Multiple laser technologies • Free enhancements for life on most treatments (if medically appropriate) <i>*Nearsighted better than -2, with astigmatism better than -1. Other restrictions may apply.</i>	To find a location, go to lasikplus.com/Quartz/ 877.965.9090	lasikplus.com/Quartz/
Olson Eye Care <i>Laser Vision Services</i>	\$100 off a complete pair of prescription eyewear with no-glare lenses.	462 Commerce Drive Suite A Madison, WI 53719 608-833-0062	

Hearing and Optical - Hearing instruments, contact lenses and surgery options

Vendor	Quartz Member Advantage	Location	Online
Shopko Eyecare Centers	20% off on eyeglasses (cannot be combined with any other discount, promotion or insurance) when you present with your Quartz ID card. Shopko Eyecare Center Locations		optical.shopko.com/
	W3208 Van Roy Road Appleton, WI (920)733-3846	2201 Zeier Rd Madison, WI (608)246-2161	701 South Church Street Watertown, WI (920)261-9225
	822 Park Ave Beaver Dam, WI (920)887-3791	7401 Mineral Point Rd Madison, WI (608)833-5700	825 West Fulton Street Waupaca, WI (715)258-9000
	2761 Prairie Ave Beloit, WI (608)365-2512	1640 Appleton Rd Menasha, WI (920)725-3752	N2585 Plaza Road Wautoma, WI (920)787-7709
	2677 South Prairie View Road Chippewa Falls, WI (715)726-1671	2101 West Broadway Monona, WI (608)222-9420	1100 East Riverview Expressway Wisconsin Rapids, WI (715)423-1340
	200 Commerce Drive Columbus, WI (920)623-9183	405 West 8th Street Monroe, WI (608)328-3333	
	1450 East Geneva Street Delavan, WI (262)728-0068	699 South Green Bay Road Neenah, WI (920)751-0275	
	255 John F. Kennedy Road Dubuque, WI (563)583-5895	1800 Plover Rd Plover, WI (715)342-9634	
	963 West Clairmont Avenue Eau Claire, WI (715)832-7723	1200 Main Street Stevens Point, WI (715)344-5355	
	616 West Johnson Street Fond du Lac, WI (920)921-8290	N66W25201 CTH VV Sussex, WI (262)820-2656	
	1425 Janesville Avenue Fort Atkinson, WI (920)563-2171		
	2500 East US Highway 14 Janesville, WI (608)754-7411		

Hearing and Optical - Hearing instruments, contact lenses and surgery options

Vendor	Quartz Member Advantage	Location	Online
TruHearing <i>Hearing Instruments</i>	Receive a discount from TruHearing on mid- to high-level digital hearing instruments and basic level hearing instruments. Prices vary based on the type of hearing instrument.	To find a TruHearing provider, visit www.truhearing.com 800.687.4574 877.396.7190	truhearing.com/
TruVision <i>Contact Lenses</i>	Purchase contact lenses from TruVision with a valid contact lens prescription. All types of contact lenses are available at low prices from all major manufacturers. Prices vary based on the quantity purchased and shipping is free on orders over \$99.	877.658.2020	truvision.com
TruVision <i>Lasik</i>	Quartz members receive a 10% savings on Lasik through TruVision. This offer includes a pre-operative exam, the LASIK or PRK procedure, post-operative care, and retreatment warranty. Patient financing is available upon approved credit. <i>A deposit is also required when booking a complete eye exam. The deposit is fully refundable if surgery is not scheduled.</i> <i>Prices may vary outside of Wisconsin. Price subject to change without notice.</i>	For more information, participating providers, or to schedule your complimentary consultation, visit truvision.com 877.766.2020	truvision.com
Ulla Eyewear <i>Eyeglass Frames & Lenses</i>	15% off your purchase of a complete pair of glasses (full price frame and lenses with anti-reflective).	702 N. Midvale Blvd. Suite 135 Madison, WI 53705 608.231.3937	
UW Health Optical Shops <i>Eyeglass Frames & Lenses</i>	UW Medical Foundation offers Quartz members a 15% discount off any eyeglass lenses and eyeglass frames. Does not apply to contact lenses.	780 Regent St. Suite 306 Madison, WI 53715 608.251.7286 2880 University Ave. Madison, WI 53705 608.263.7480 451 Junction Rd Madison, WI 53717 608.265.7731 5249 East Terrace Dr. Madison, WI 53718 608.265.1203 2349 Deming Way Suite 200 Middleton, WI 53562 608.824.3930	uwhealth.org/eyecare/uw-health-optical-shops/12457
UW Health Refractive Surgery <i>Refractive Surgery Services</i>	UW Health offers Quartz members a flat discount of \$100 discount per eye for IntraLASIK Refractive Surgery services. This discount does not extend beyond the first year's worth of post-operative exams and does not apply to enhancements or co-management fees to other optometrists.	2418 Crossroads Drive Madison, WI 53718 608.265.2020	

OTHER SERVICES & PRODUCTS			
Vendor	Quartz Member Advantage	Location	Online
American Baby Magazine Subscription	Receive a complimentary subscription to the monthly magazine and/or the weekly e-mail newsletter, which is tailored to your stage in pregnancy or your child's age. Go to parents.com/american-baby-magazine/ to subscribe.		parents.com/american-baby-magazine/
American Lung Association® Smoking Cessation	Receive a 30% discount on the rate that is offered to the general public for American Lung's Freedom from Smoking, smoking cessation program. This program provides a self-help manual and a relaxation/stress management CD. The self-help manual includes a quitting calendar and easy-to-use records to help people get to know their own habits. To obtain your copy, please call 800.LUNG.USA		lung.org
Dreams Can Become Reality Hypnosis <i>Mind, Body and Spirit</i>	10% off services.	6033 Monona Drive Monona WI 53716 1010 N. Bird Street Sun Prairie, WI 53590 608.469.5538	
Healing Touch LLC – Wellness Within	10% off 60 minute Reiki	113 S. Main Street, Ste 101 Lodi, WI 53555 608.592.4242	
Madison PT & Consulting	Dry Needling, Myofascial Release, Cupping, Joint mobilization, Sports Assessments, Personal Training \$10 off Initial Consultation Dry needling sessions for \$55	44 E. Mifflin St. Madison, WI 53703 608-957-7088	www.madisonptanconsulting.com
Mindful Connection, LLC <i>Mind, Body and Spirit</i>	\$25 discount when enrolling in the Associated Physician's – Mindful Connection, LLC – Mindfulness Based Stress Reduction Course	Senior Center 3330 W. Mifflin Street Madison, WI 53703 608.658.5193	scottandersen@tds.net
Myofascial Therapy <i>Facial Therapy</i>	Receive 10% discount for services on each visit.	602 Corner Street Lodi, WI 53555 608.592.7861	
Safe Beginnings® <i>Childproofing, Baby Care & Home Safety</i>	Save 20% on the largest selection of childproofing products, baby care items and general home safety products. Visit www.safebeginnings.com to see their expansive selection. You will find safety gates, outlet covers, developmental toys, fire escape ladders, carbon monoxide detectors, first aid kits, and more! When placing an order, identify yourself as a Quartz member with code 'UHI', under Group Sales or call 800.598.8911 to request a free catalog.	800.598.8911	www.safebeginnings.com <i>Some exclusions may apply. Discount cannot be combined with any other offer and is not valid for prior purchases.</i>

OTHER SERVICES & PRODUCTS

Vendor	Quartz Member Advantage	Location	Online
SelfHelp Works <i>Programs for Weight, Smoking, Alcohol and Stress</i>	Receive a 60% discount on Selfhelpworks' online Lifestyle Management Training programs. These programs enable you to eliminate the psychological blocks that have kept you from stopping smoking, living lean, or managing alcohol or stress successfully in your life. These positive and motivational programs offer engaging multimedia content, high interactivity, one year of personal support, and much more.		
	Learn More & Get Started		
	Members will click the link on Perks & Savings vendor listing, choose the program and enter the requested information. Member will automatically receive the special Quartz Health discount.		
	Programs discounted 62% from retail price of \$199 for Quartz members		
	LivingFree, a web-based program for smokers	\$75	
	LivingLean, a web-based program for weight	\$75	
	LivingSmart, a web-based program for alcohol moderation	\$75	
	LivingEasy, a web-based program for resilience and stress management	\$75	