

COMPANIES OFFERING STATE EMPLOYEES A DISCOUNT (Updated 9/22/09)

(Remember to bring your State I.D. Card or Check Stub for verification)

BUSINESS	PHONE	ADDRESS	DISCOUNT OFFERED
ADVANCED CLEANING	221-9818	1019 East Front Avenue, Bismarck	10% off carpet & upholstery cleaning
AFTERSCHOOL PLACE	(701) 250-3109	503 North 24 th Street Bismarck	The Afterschool Place offers a \$25.00 state employee registration discount when they enroll their children in the Afterschool Place. Registration is ongoing. You may also visit them at www.afterschoolplace.org or call 250-3109.
AIRPORT/DOME DAYS INN & SUITES (Fargo)	232-0000	1507 19 th Ave N Fargo 58102	State Rates honored Sunday through Thursday Based on Availability
ALLTEL WIRELESS		Statewide	To sign up for the discount, send an email from your work email address (must have @nd.gov or .edu at the end), along with your name, cell phone number, and department you work for to: Alltel.Business.Partner.Employee.Program@alltel.com --Name of person requesting the discount must be the same name on the account. --Must be on an Alltel Greater Freedom or National Freedom plan that is \$39.99 or more. --Cannot be on a Family Share or Smart Choice plan. --Customer must be in a current contract. Discount is not available for the \$79.00 Family Share Plan
ANYTIME FITNESS	258-7740	2945 N. 11 th Street, Bismarck	\$30 per month. Sign up for 6 months and receive ½ of the enrollment fee. 12 months and the enrollment fee is waived. Membership is good at all Anytime Fitness clubs in the US.
BEST WESTERN DOUBLEWOOD INN	258-7000	1400 E Interchange Ave Bismarck	State rates (\$45.00 single room) for sleeping rooms for business and leisure travel – based on availability
BISMARCK CHIROPRACTIC CLINIC	223-6613	1033 Basin Ave Bismarck	10% Please ask for details, deduction comes on Insurance claim.
BISMARCK FIRESTONE STORE	223-1285	825 S 7 th St Bismarck	Cost plus 10% on Passenger and Lt. Truck Bridgestone or Firestone Tires 10% off labor on any service work performed

BISMARCK TIRE CENTER	223-1722 AND 663-9541	503 N 4 th St Bismarck AND 910 East Main Mandan	\$10.00 off set of four tires or \$5.00 off any battery, or 5% off parts and labor (Stop by Bismarck Tire to obtain discount coupon prior to using the service)
BTI NET	255-5151		\$16.95 per month. Please work with BTI NET and your payroll clerk.
CAL'S CAR CLINIC, INC.	258-3535	2001 E Sweet Ave, Bismarck	10% on Labor
CANDLEWOOD SUITES	701-235-8200	1831 NDSU Research Park Drive, Fargo ND	State Rate discount. http://www.candlewoodsuites.com/fargo
CAPITAL CREDIT UNION	255-0042	PO Box 2096 Bismarck	- \$150 off Closing Cost on a Home Equity Loan (Some Restrictions apply) - Free Mortgage Pre-approval + \$150 off on Mortgage Closing Costs
CAPITAL HTS AUTO & MR. LUBESTER	223-9483	1420 E Interstate Ave Bismarck	\$3.00 off oil changes (except specials), 10% except tires, batteries, engines & transmission and some driveline items
CAPITAL RACQUET & FITNESS CENTER	221-6855	3200 N 10 th St Bismarck	20% discount on Individual and Family Membership
CARMIKE THEATRES		Contact: Steve Schroeder 328-3403	\$5.50 movie tickets at all Carmike Theatres locations - YOU MUST PURCHASE YOUR TICKET IN ADVANCE - Contact Steve Schroeder.
COLUMBIA PAINT & COATINGS	222-3171	1940E. Century Ave Bismarck	30% off paint
COMFORT INN	223-1911	1030 Interstate Ave Bismarck	10% off regular rates
CRUISE ONE	255-4882 OR 800-438-4882	1624 Estate Ave Bismarck ND 58504	Book any Carnival Cruise* 90 days prior to sailing and receive a \$50 onboard credit per cabin. Book any Norwegian Cruise and receive a 5% discount off their best advertised rate.* *Excludes all holiday sailings; some restrictions apply: NCL fare code TI FWP.
CURVES FOR WOMEN	355-0750	545 So. 7 th Street, Southridge Mall	\$110.00 off sign up, ask for Jo Johnson
DAKOTA PEST	224-1517	PO Box 2314	10% on residential house treatment --- if told at time of

CONTROL		Bismarck	appointment
DAKOTA WELLNESS	258-9418	801 E Main Ave Bismarck	10% on Massages and Facials
DAYS INN – MAIN AVE West Fargo	281-0000	525 E Main Ave West Fargo 58075	State Rates honored Sunday through Thursday –Based on Availability
ERBERT AND GERBERTS CLUB & SUBS	223-7827	931 S 9 th St, Suite 1 Bismarck, ND	Free soda with purchase of sandwich
ELECTRIC SUNN AND SALON	222-4786	3100 North 11 th Street Bismarck, ND	10% off all tanning packaged and lotion purchases. (Offer not available with ACH memberships.) Must show proof of employment.
EYES ON PARKWAY	258-4384	2331 Tyler Parkway, Suite 2 Bismarck, ND	20% discount on frames, spectacle lenses, and sunglasses.
FANTASTIC SAM'S HAIR SALON		206 West Front Ave Bismarck, ND	10% discount on services and products. This offer is good for the state employee only. Please show ID card. Offer good for any of the stylist.
FEIST ELECTRONICS, INC.	258-0065	225 West Broadway Bismarck	Sales: 10% off regular price of any new Big Screen TV, Television, TV Stand, VCR, TIVA Digital Recorder, DVD Player, Surround Sound System or Audio/Video Accessory. 10% off regular price of used selection of TV's, VCRs and stereos. 10% off regular price of setup and delivery. Service: \$10 off regular price of Head Cleanings on VCRs, Camcorders, TV/VCR Combos and Stereos. Rental: 20% off of Big Screens, TV/VCR Combos, TVs, VCRs or Camcorders. Video Production: 10% off all video or audio duplications including tape costs. MUST inform Feist representative about discount prior to sale, not good with any other special or promotion. Discounts can also be viewed at http://feistelectronics.tvheaven.com/nd.htm
FERRELL GAS	337-7355	2300 East Main Bismarck Contact Amy Maples	5 cents off
GARTNER'S CAPITAL SHOE	223-0407	302 E. Thayer Ave Bismarck, ND 58501	20% off all regular priced footwear for men and women including; Rockport, Etonic, In Stride, Hush Puppies, and Drew Shoes;

HOSPITAL			Wolverine, and Georgia Boots; and Bite Sandals
HEDAHL'S, INC. (Bismarck & Mandan)	223-6625 663-6813	122 N 1 st St, Bismarck OR 111 1 st Ave NW, Mandan	25% to 40%
HIRSCH FLORIST	663-8535	200 Collins Avenue Contact: Al Kuntz	10% discount on non-sale items
HUMAN PERFORMANCE CENTER	530-8102	310 N 9 th Street Bismarck, ND	10% Discount on membership
IDENTITY SALON	222-4303	318 South 5 th Street Bismarck, ND	\$5.00 Off Salon or Spa Services with Selected Stylists
IMPERIAL STEAMER	471-9343	3138 North 10 th St. Bismarck, ND Contact: Jason Huber	20% discount on all services Email: imperialsteamers@yahoo.com
In Touch Massage Wellness & Day Spa	701 223-4664	1709 N 8th St, Bismarck	Receive \$5.00 off when booking a massage with Laura.
J&D CUSTOM	663-5033	2020 46 th Ave. SE Mandan, ND Scott Ellison	10% off on everything Auto painting, polishing, car starters etc.
JASMIN ZERIC'S PAINTING AND DRYWALL	400-2881 or 250-0677		10% off all work -painting, varnishing, staining, patching, taping and texturing
JOHN BITZ OPTICAL	222-2461	210 West Front Street Bismarck	15% off on frames and lenses
JUST-IN GLASS	751-5878 or fax 751-1526	2110 Lovett Avenue Bismarck, ND Justin Olson	15% discount on all services, except headlights
KELLER HEARTH'N HOME	663-7902	3709 – Memorial Highway “On the Strip” – Mandan	20% Discount off retail on HEAT-N-GLO Fireplaces, inserts & gas logs. (Excludes Heat-N-Glo stoves, cerona & designer line products).

(Formerly Coronado Products)			Cannot be used with any other discounts. Please present state card at the time of estimate.
K&K AUTO GLASS	255-4243 426-6827	3452 Franklin Ave. #4 Bismarck, ND	Free rock chip repair, if we replace your window, within one year. Limit one call for details. Free pick up and delivery.
LEWIS & CLARK AMINAL HOSP.	751-2501	1522 E Main Ave Bismarck,	10% discount on the first visit
LIBERTY TAX SERVICE		931 S. Washington St., Bismarck, ND	\$30 discount off their tax preparation fees, discount cannot be used with any other offers or discounts.
MANDAN COMMUNITY CENTER	667-3260	901 Division Mandan	20% discount on Community Center and Combination Fitness Center and Community Center individual and family memberships only. Please contact the Community Center for more details.
MARCELLA'S HAIR & NAILS	220-5281	3100 North 11 th Street, Bismarck	20% off on retail, Full set of Nail for \$30.00 and \$5.00 off on perms. Also first visit, \$5.00 of any service.
MERRY-GO-ROUND PRESCHOOL	391-0342	1016 Summit Boulevard, Bismarck	
MR. MUFFLER & TIRE	223-1082	928 E Interstate OR 704 E Bowen Bismarck	15% off regular priced mufflers, brakes, shocks and struts. \$4.00 off oil changes Extra \$10.00 off on set of 4 tires
MIDWEST VISION CENTER	258-8810 Bernie	Kirkwood mall	20% off frames and lenses M-Fri. 9am to 8pm Sat. 9am to 4pm
NORTH DAKOTA HORIZONS	355-4458		2-year subscription to North Dakota Horizons magazine and one each of their North Dakota Horizons scenic calendars for the special price of \$35. (Nearly a 40% discount over newsstand prices.) For more information please visit their website www.ndhorizons.com Mention that you want the COSE Magazine and Calendar Special Offer when ordering.
NORTHERN PLAINS BALLET CO.	530-0986	1125 East Main Avenue Bismarck	20% off regular ticket prices.
NORTHWEST INDUSTRIAL SUPPLY, INC.	258-2890	2228 East Front Ave Bismarck	10% most items.

NORTHWEST TIRE	221-9600	1615 Bismarck Expressway, Bismarck, ND	\$25 off any set of 4 passenger or light truck tires \$20 off any brake services (NOT valid with any other coupon or discounts for this service & some exclusions apply).
O'REILLY AUTO PARTS Bismarck and Minot	258-8755 852-5602 1-800-826-0637	1911 E Bismarck Expressway Bismarck Also at Minot	Variable up to 13%
PAK MAIL	222-4232	710 E Bowen Bismarck	10% off regular prices on shipping
PRO TUNE PLUS	224-1638	828 Airport Rd. Bismarck, ND 58504 224-1638 Ask for Pat	15% discount on parts purchased when we service your vehicle. Some restrictions apply, so call ahead. Nationwide warranty program. 15 years in the business. Every few months we offer specials that have rebates. The discount can be used with the rebate program.... Call Pat @ 224-1638.
PETALS AND MORE	258-8500	122 East Rosser Bismarck	10% off fresh flowers, plants and gifts Excludes Holidays.
RAGING RIVERS WATERPARK			Due to new ownership, Raging Rivers will no longer allow COSE to sell discounted memberships for the park. Please do not call Cheryl Moch since she can no longer help you.
RED WING SHOES	223-2445	529 E Broadway Bismarck	15% Discount on Regular Price View website at: www.rdwngshoestore.com
RESULTS PERSONAL TRAINERS	223-9955	1138 B North 3 rd Bismarck,	5% discount on our class offerings – CLICK HERE TO SEE FLYER

		ND 58501	
RIGGING & TOOLS, INC.	224-1122	2031 Lee Ave Bismarck	10%
SCHNEIDER'S FLOWERAMA, INC.	258-8418	210 N 16 th St – Bismarck	10% off non-sale
SHERWIN WILLIAMS	223-3882	1500 E Century Ave	\$10 off a purchase of \$50 or more (excludes ceiling paint and gift cards). Cannot be used in conjunction with any other sales or promotions and not valid on any previous purchases. Must show ID at time of purchase.
SPECIALIZED CLEANING & RESTORATION	258-3777	PO Box 3036 Bismarck	10% of any carpet cleaning service and 10% off any tile & grout cleaning service. PLUS get a FREE Spotter Bottle with any service over \$150! They are an IICRC Certified firm, a member of the Indoor Air Quality Association and they can schedule online at www.uglygreentrucks.com
SUPER SLIDE AMUSEMENT PARK	328-5300	Sertoma Park Bismarck Contact: Cheryl Moch at 8-2720	\$12/sheet (only sold in sheets) for amusement Rides \$2.75 per ticket for golf or bankshot CHECKS NEED TO BE MADE PAYABLE TO COSE – or correct change only Cheryl will only be available on Thursday to purchase tickets but you can send your request through interoffice mail or email her at cmoch@nd.gov. Please call her before stopping by her office. Money must be received before tickets can be sent out.
TACO DEL MAR	223-1882 or 222-3044	2210 N 12 th St OR 913 Burrington Dr Ste. 3	Taco Del Mar appreciates you as a State of North Dakota employee and would like to offer a 10% discount off their everyday low prices -- just show them your badge.
THARALDSON PROPERTIES			State Rate/single room rate --- plus applicable taxes – Based on availability. You must request the state rate at the time of making room reservations. SEE ATTACHED HOTEL LISTING
TRI ONE MASSAGE	250-0119	207 1 st Ave NE	\$15.00 for half hour massage \$30.00 for hour massage

		Mandan	
THE UPS STORE	258-0600	547 South 7 th Street Bismarck	10% off all goods and services (excluding UPS Shipping, Freight, Meter Mail, and stamps) Includes Packaging Supplies, Custom Packaging Services & Materials, B/W or Color Digital Printing & Copying, Notary Services, Binding & Laminating, Personalized Photo Calendars, Personalized Mouse pads, Passport Photos, Fax Services (sending & receiving).
VERIZON WIRELESS	Wireless (Katie) 226-8001 OR (Sarah) 238-1476	Statewide	State of ND employees who want to register for the 18% discount can register by going to www.verizonwireless.com/discount and entering their work e-mail address. They will get an e-mail back from Verizon Wireless. They should open that e-mail and click on the Get Started link and then click on the link that says Register Your Line. From there they can register for the discount. The contacts for state employees who need help or have questions are Katie Schloss and Sarah Baun. Discount is not available for the \$79.00 Family Share Plan.
WOMENS HEALTH CENTER	323-6376	1100 College Drive Bismarck	\$40 initiation fee and a \$35.00 per month discounted Corporate Rate. See website from more details: http://www.medcenterone.com/wellness/whc/
YMCA - BISMARCK	255-1525	1608 N. Washington St. Bismarck	15% discount. CLICK HERE for detailed pricing.

North Dakota Tharaldson Properties

Bismarck Fairfield Inn North
1120 Century Ave East
Bismarck ND 58501
(701) 223-9077

Bismarck Fairfield Inn South
135 Ivy Drive
Bismarck ND 58504
(701)223-9293

Fargo Comfort Inn East
1407 35th St South
Fargo ND 58103
(701) 280-9666

Fargo Comfort Inn West
3825 9th Ave SW
Fargo ND 58103
(701) 282-9596

Fargo Comfort Suites
1415 35th St South
Fargo ND 58103
(701) 237-5911

Fargo Fairfield Inn
3902 9th Ave SW
Fargo ND 58103
(701) 281-0494

Fargo Econo Lodge
1401 35th St S
Fargo ND 58103
(701) 232-3412

Grand Forks Comfort Inn
3251 30th Ave South
Grand Forks ND 58201
(701) 775-7503

Grand Forks Days Inn
3101 34th St South
Grand Forks ND 58201
(701) 775-0060

Grand Forks Fairfield Inn
3051 34th St South
Grand Forks ND 58201
(701) 775-7910

Jamestown Comfort Inn
811 20th St SW
Jamestown ND 58401
(701) 252-7125

Minot Fairfield Inn
900 24th Ave SW
Minot ND 58701
(701) 838-2424

Valley City Super 8
822 11th St SW
Valley City ND 58072
(701) 845-1140 Ext. 259

Wahpeton Comfort Inn
209 13th St South
Wahpeton ND 58075
(701) 642-1115

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 6:30	Cardio Combo (Kate)	Yoga (Sheila)	Cardio Combo (Kate)	Yoga (Sheila)	Trim -n Tone (Courtney)	
9:00 10:00	Beginner Pilates (Kate)		Beginner Pilates (Kate)		Beginner Pilates (Kate)	Cardio Combo (tba)
10:00 11:00						Pilates/ Yoga (tba)
AM						
12:05 12:50	Cardio Kickboxing (Germaine)	Pilates (Kate)	Trim -n Tone (Germaine)	Pilates/ Yoga (Kate)	Cardio Combo (Germaine)	
4:15 5:15		Beginner Pilates (Angela)		Beginner Pilates (Angela)		
5:30 6:30	Yoga (Jean)	Intermediate Pilates (Kate)	Yoga (Jean)	Intermediate Pilates (Sheila)		
6:30 7:30	Beginner Pilates (Reyne)		Beginner Pilates (Shannon)			
PM						

Class Prices

\$34 month (40-15% discount)

*all class packages include Saturdays, space permitting - must sign up

Classes are geared towards all fitness levels

Cardio Combo: This is a great cardiovascular workout that is sure to keep you motivated and having fun by combining kickboxing, step, floor aerobics, and a variety of other cardiovascular activities.

Cardio Kickboxing: This is a great total body workout that will help relieve stress while getting your whole body into shape. Kick, punch, and box your way to a healthier body and have fun doing it.

Yoga: Through proper breathing techniques, energizing postures, and muscle movements you are sure to build muscles strength and flexibility. A great way to awaken your senses and at the same time relax the mind.

Trim-N-Tone: This class is a great combination of cardiovascular and total body strength conditioning . A perfect workout to keep your heart rate up while toning and strengthening your muscles.

Beginner Pilates: Do you want core strength? Then this is the class for you! A fresh approach towards strengthening core muscles, developing flexibility, and energizing your body. You will be pleased to feel and see your body transform.

Pilates/Yoga: Come for this great combination of Pilates and Yoga geared towards improving strength, flexibility, and body awareness. You will feel refreshed after each class.

Step: A great cardiovascular and strength training workout using a step for total body conditioning. This fun upbeat class will keep you motivated and is perfect for any stepper.

Please refrain from wearing street shoes in the studio.



Results Personal Trainers
1138 B North 3rd Street
Arrowhead Plaza
Bismarck, ND 58501
701.223.9955

The only thing that matters... Results.

Missouri Valley Family YMCA

YMEMBERSHIP

Contact Bill Bauman or

15% Discount (7 + Members)

Who do I know? Who do I trust? Who do I love? Who do I belong to?

Jennifer Keller, 255-1525

Membership Rates Effective September 1, 2006	Enrollment Contribution*	Annual Rate	Monthly Rate	Semi Monthly Payroll Deduction
Youth (ages 0-12)	20.00	120.00	11.00	5.50
Teen (ages 13-18)	20.00	120.00	11.00	5.50
Teen with Life Center (ages 13-18)	20.00	192.00	17.00	8.50
Adult	50.00	289.00	25.50	12.75
Adult with Life Center	50.00	385.00	33.50	16.75
Adult with Fitness Locker Room	50.00	421.00	36.50	18.25
Adult with Fitness Locker Room & Life Center	50.00	517.00	44.50	22.25
Family	50.00	365.50	32.30	16.15
Family with Life Center	50.00	485.50	42.30	21.15
Family with Fitness Locker Room	50.00	593.50	51.30	25.65
Family with Fitness Locker Room & Life Center	50.00	713.50	61.30	30.65
Single Parent Family	50.00	323.00	28.90	14.45
Single Parent Family with Life Center	50.00	443.00	38.90	19.45
Single Parent Family with Fitness Locker Room	50.00	539.00	46.90	23.45
Single Parent Family with Fitness Locker Room & LC	50.00	659.00	56.90	28.45
Child Watch Drop In Service for ages 8 weeks to 8 years - Can be added to any Family or Single Parent Family Membership				
Child Watch for Single Child		132.00	11.00	5.50
Child Watch for 2 or more Children		192.00	16.00	8.00

Employee options for discounted membership are either a single membership for themselves or a family membership.

YMCA Membership:	Includes free land and water aerobic classes, low cost Child Watch drop-in service available, use of 2 gyms, 2 walking/running tracks, 2 pools, 5 racquetball courts, sauna and whirlpool. Life Center for ages 13 and older includes, free 12 week instructional program, 35 Cybex & Nautilus strength machines, 31 Free Weight stations and 40 cardiovascular machines - (cross trainers, treadmills, bikes).
Fitness Locker Room:	Includes all of the above plus a carpeted, private locker room with assigned kit locker, towel service, private sauna, whirlpool and optional massage service.

New features and added value for our members!

Free 12 Week Beginner Life Center Program with your own coach and personal instruction.

Free Studio Fitness, Cycling, and Water Exercise classes for all teen and adult members! Included in all Membership categories.

Member Service Drop-In Care - Child Watch drop-in care for members as a service at a LOW price - unlimited care \$11/month/1 child

* The enrollment contribution is a one time fee for new members or members who have dropped their membership for any period of time. It is used for debt retirement and is tax deductible. The enrollment contribution must be paid at the time of application.