



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13
630 South Centre Street | San Pedro, CA 90731 | (310) 830-6116

from your Benefits Office
Benefits Bulletin #3-(2)-2025

MARCH (PART 2) 2025 BENEFITS BULLETIN

PLANNING FOR A SUCCESSFUL RETIREMENT



There is a lot of learning opportunities regarding retirement during the month of April.

Hosted by our neighborhood friendly Southern California Area Welfare Directors

Sam Alvarado & Robin Leake

Wednesday, April 23, 2025

12:00 p.m.

ILWU Memorial Hall, 231 West C Street, Wilmington, CA 90744



Hosted by our great friends at the ILWU Credit Union

Tuesday April 22, 2025

12:00 p.m.

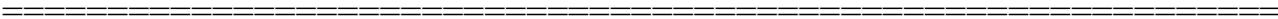
ILWU Local 63 Hall, 350 West 5th Street, San Pedro, CA 90731

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Thursday, April 24, 2025

12:00 p.m.

ILWU Credit Union, 3447 Atlantic Avenue, Long Beach, CA 90807



ADA JPLRC

(Americans with Disability Act Labor Relations Committee (ADA LRC))

Americans with Disabilities Act Labor Relations Committee (ADA LRC) meetings are held twice each month on the **first and third Tuesdays** unless otherwise noted. If you are seeking reasonable accommodation, or if you would like to revise or update your existing reasonable accommodation, meetings will be held at Local 13. Be sure to have all your original paperwork from your providers with you. Members must sign in, and they are seen on a **first-come, first-serve basis**.

SPECIAL PROMOTION OFFERED TO OUR LOCAL 13 MEMBERS



EoS
FITNESS
EXCLUSIVELY FOR:

ILWU LOCAL 13

CORPORATE PLUS MEMBERSHIP

\$1 to Start (reg. \$49)
\$24.99/mo (reg. \$29.99)

FEATURING

- Month-to-Month
- Open 24 Hours
- Personal Training
- Complimentary Welcome Workout
- Cardio w/Individual TVs
- Basketball Court
- MOVEoS Cinema
- Recovery Massage Chairs
- Unlimited VIP Guest Privileges
- Swimming Pool & Hot Tub
- EoS Smart Strength Equipment
- The EoS Yard®: Turf Functional Training Area
- Variety of Group Fitness Classes
- Cycling Studio
- Huge Free Weights Area
- Immaculate Locker Rooms with Showers
- Saunas
- Expansive Kids' Club*
- Access to all EoS Fitness Locations
- And Much More!

VALID FOR:

GO TO:

eosfitness.com/join-now/ilwu13eos

ONLINE ENROLLMENT ONLY

PROMO CODE:

ILWU13EOS



HAVE QUESTIONS? CONTACT WELLNESS@EOSFITNESS.COM

* Additional fee, see gym for details. Amenities vary by location and Membership type. Offer only available online. Some restrictions may apply. All promotional pricing is based on first day sign up and billed monthly to a checking or savings account. An Annual Membership fee of \$49.99 applies to all Memberships are month-to-month and can be canceled at any time with a 30 day notice. In addition to the monthly Membership fee, there is a \$3 processing fee (which is waived for ACH billing).



Corporate Wellness FAQs

1. **What membership access level is a CORP+ membership?** CORP+ memberships are equivalent to WILL POWER memberships providing access to all locations and in-club amenities. CORP+ memberships also include additional services like guest privileges, access to The Tank: Innovative Recovery Space and E7 personalized nutrition program.
2. **Do I have access to all EoS Fitness locations?** Yes! You will have access to ALL EoS Fitness locations in all markets.
3. **Must there be EFT or a debit/credit card on file?** Yes, all memberships are billed automatically from either a checking or savings account or debit/credit card monthly.
4. **When will my first monthly payment be billed?** 14 days after you enroll.
5. **Personal training is listed as a feature. Are there more details around this such as how many days per week, duration per session, etc.?** Because this is an additional cost after membership, we encourage everyone to take advantage of their complimentary 1-hour Welcome Workout with a personal trainer to find the program that best fits their needs.
6. **What is the Annual Membership Fee?** You shall pay an Annual Membership Fee (AMF) along with your first scheduled monthly dues payment after joining. Each year while you are a member an Annual Fee will be due on the anniversary date of your Annual Fee Start Date.
7. **What is the minimum age requirement for membership?** 13 years old; Must be enrolled by a parent or legal guardian.
8. **For unlimited VIP guest privileges, is pre-registration needed prior to bringing the guest to the gym? If so, how much advance notice is needed?** There is no pre-registration or advance notice needed. We just ask that your guest be with you when you're entering the gym.

9. [How many guests can you register for and does the same guest need to be registered each time?](#) You can register as many guests as you want! You can only bring one guest at a time, they must enter the gym when you do, and on their first visit we ask them to bring their photo ID to sign for their VIP Guest membership.
10. [What's the minimum age requirement for a VIP guest?](#) 18 years old; *If the primary member is their parent or legal guardian, 16 years old.
11. [How do I register for Kids' Club services? What is the cost?](#) Kids' Club is an additional service you can sign up for during your online enrollment, or afterwards in the club. The cost of Kids' Club varies by market. See your local EōS Fitness for details. This is for unlimited monthly visits.
12. [What are the age requirements and time limits?](#) Kids' Club is open to children ages two to 12 years old for a maximum of 2 hours per day.
13. [How does my wellness program have a benefit over normal enrollment?](#) The corporate wellness program provides up to 100% off enrollment, up to 100% off the annual rate guarantee fee, and up to 45% off the monthly dues.
14. [What do I do if I'm already an EōS Fitness Member?](#) Email wellness@eosfitness.com for the details on how to cancel your current agreement, prior to enrolling for your corporate option.

The world needs less machinery and more humanity.

Eddie Moncado
Local 13 Benefits Officer

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