

A person's hand is shown typing on a laptop keyboard. The laptop screen displays a woman in a white tank top and blue leggings performing a bicep curl with dumbbells. In the background, there are dumbbells on a wooden floor.

Fitness On Demand

Your **Active&Fit Direct™** membership goes beyond the gym with **9,700+ on-demand workout videos** at no additional cost. Now you can exercise from anywhere!

Choose from categories including Cardio, Strength, Dance, Martial Arts, Mind/Body, High-Intensity Interval Training, and Cycling. Find classes for your specific fitness level at varying lengths, whether you're just getting started or a workout guru.

Videos feature workouts by top fitness brands and names like SH1FT, YogaFit®, Piloxing, and Brett Hoebel.

More value. More flexibility.

Questions about the Active&Fit Direct program? Visit www.ActiveandFitDirect.com/FAQ.

Enrolled? Get started at www.ActiveandFitDirect.com.

- 1 Go to “Workout Videos.”
- 2 View videos in each category or use the search tool to find the workout you want.

Not enrolled? Check with your Active&Fit Direct provider to learn how! You'll have access to:

- **12,200+ standard gyms**
- **5,800+ premium gym options** with **20% - 70% discounts** at most locations
- **1:1 well-being coaching** to support you on your health journey
- **Membership options for your spouse***
- **No annual fees and no long-term contracts**

*Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees will vary based on fitness center selection.

M966-293K 6/23 © 2023 American Specialty Health Incorporated (ASH). All rights reserved. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct and the Active&Fit Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Standard fitness center and premium studio participation varies by location and is subject to change. Digital workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee(s), the Monthly Fee(s), any future Annual Maintenance Fees, and/or the Introductory Period) at any time per the terms and conditions. If we modify a fee or make a material change to the Program, we will provide you with no less than 30 days' notice prior to the effective date of the change. We may discontinue the Program at any time upon advance written notice.