

A background image showing a person's arm reaching towards a laptop screen. The screen displays a woman performing a bicep curl with dumbbells. Two dumbbells are also visible on a wooden surface next to the laptop.

# fitness on demand

Your **Active&Fit Direct™** membership goes beyond the gym with **9,300+ 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](http://www.ActiveandFitDirect.com/FAQ).

**Enrolled?** Get started at [www.ActiveandFitDirect.com](http://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**
- **5,700+ 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.

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