

# 15,000+ **FREE** Workout Videos

## Anytime. Anywhere.



### Fitness on Demand:

Work out anytime, anywhere with  
**15,000+ on-demand workout videos**  
available at no cost before you enroll!

### Choose From:

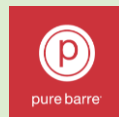
Cardio, **Strength**, Dance, **Yoga**,  
Pilates, **Cycling**, and more from  
leading fitness instructors.

## Ready to Level Up Your Fitness Routine?

Enroll in the full **Active&Fit Direct™**  
program for just **\$28/mo.\*** to:

- Work out at your **favorite gym**
- Access **1:1 well-being coaching**
- **Enroll your spouse** in their own membership\*\* All with **no long-term contracts** or **annual fees**.

Create Your  
Account:



\*Plus an enrollment fee and applicable taxes. Costs for premium exercise studios exceed \$28/mo. plus enrollment fees and taxes. Fees vary based on premium fitness studios selected. On-demand workout videos are available at no cost upon registration in the Active&Fit Direct program and do not require purchase of membership.

\*\*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.

© 2025 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 logo are trademarks of ASH and used with permission herein. 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. Other restrictions may apply based on the location of your selected fitness center. Some large chains may not offer access to multiple locations with their brand. Some fitness centers do not participate in the Active&Fit Direct network for all Program Sponsors. On-demand 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.