Active&Fit DIRECT™

AvMed

Affordable
Fitness Made Easy

1 **Find your perfect gym** from 12,500+ options nationwide.

2 Enroll online in minutes, with **no long-term contracts** or annual fees.

3 **Start working out today!** Your membership also includes the option to purchase a membership for your spouse.[1]

PLUS

» **8,500+ Premium Gym Options** at exercise studios, outdoor experiences, and others with **20% – 70% discounts at most locations.**[2]

» **Get Fit at Home™ for Free** with 12,000+ on-demand workout videos before you enroll! **Just create an account.**

STANDARD FITNESS MEMBERSHIP
$28/mo.[3]
12,500+ FITNESS CENTERS
Active&Fit DIRECT™ TM

$0 Enrollment Fee With Code: **STAYSTRONG**[3]

Get Started: **Log in to your Member Portal at AvMed.org/Login and click Health and Wellness.**

Standard Fitness Network — 24 HOUR FITNESS, EoS FITNESS, the Y, CRUNCH, blink fitness, ANYTIME FITNESS, + More

Premium Fitness Network — STRETCH LAB, FIT4MOM, CLUB PILATES, F45, ROW HOUSE, pure barre, + More

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

[2] Costs for premium exercise studios exceed $28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

[3] Monthly fees are subject to applicable taxes. $28 enrollment fee waived for standard gyms only 3/1/24 12:01 a.m. - 6/30/24 11:59 p.m. PT.

M966-249Q 2/24 © 2024 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, Fit at Home, 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. 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.