

# home or gym?

## we'll keep you active either way.



2,500+ DIGITAL  
WORKOUT VIDEOS



11,000+ FITNESS CENTERS  
AND STUDIOS

*Members can change anytime*



NO LONG-TERM  
CONTRACT

### Try us out for free!

1. Enjoy **200 free digital workout videos** available to all eligible members, even before you enroll.
2. Join us for a variety of workout classes available anytime on YouTube and Facebook, designed for all levels!



**Get Started:** Log in to your member portal at [AvMed.org](http://AvMed.org) then click *Health and Wellness* to learn more.

Over 2,500 digital workout videos including programs from:



Over 11,000 fitness centers and studios nationwide including:



\*Plus applicable taxes.

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