

Break a Sweat Without Breaking the Bank™

Thousands of Fitness Options

- Choose from **12,700+** standard gyms for just **\$28/mo.**¹
- Plus, **8,700+** premium exercise studios with **20% - 70% discounts** at most locations.¹

Flexible & Affordable

- **No long-term contracts.** Switch gyms and cancel with ease.
- Join multiple gyms and get a **\$5 monthly discount** on each additional membership.²

Go Beyond the Gym

- Get Fit at Home™ for free with **12,000+** on-demand workout videos before you enroll.



Standard Fitness Network



Premium Fitness Network



\$0 Enrollment Fee for All Gyms With Code: SUMMERTIME³

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

¹ Monthly fees are subject to applicable enrollment fees and taxes. Costs for premium exercise studios exceed \$28/mo. plus applicable enrollment fees and taxes. Fees vary based on premium fitness studios selected.

² Members may purchase multiple standard and premium gym memberships with a \$5 discount off the monthly fee for each membership purchased after their first.

³ \$28 enrollment fee waived for standard and premium gyms 7/1/2024 12:01 a.m. - 9/30/2024 11:59 p.m. PT.

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