



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.

Enrolled? Get started at 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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One Membership. Thousands of Ways to Stay Active and Save Money.

-  12,200+ Gyms
-  9,300+ On-Demand Videos
-  1:1 Well-Being Coaching
-  Enroll Your Spouse¹

No annual fees or long-term contracts. Switch gyms anytime.



Plus: **5,700+ Premium Gym Options** at exercise studios, outdoor experiences, and others with 20% – 70% discounts at most locations³

STANDARD FITNESS MEMBERSHIP

\$28/mo²

12,200+ FITNESS CENTERS
9,300+ WORKOUT VIDEOS

Active&Fit
DIRECT™

Get Started: Log into your private member portal at ProminenceMember.com

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 Plus an enrollment fee and applicable taxes.

³ 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.

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