



# fitness on demand

**NEW from the Active&Fit Direct™ program!**

Your Active&Fit Direct membership goes beyond the gym with the addition of 800+ 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 Jillian Michaels, Strong by Zumba®, FitSteps™, Latinva®, and YogaFit®.

## **More value. More flexibility.**

Questions about the Active&Fit Direct program?  
Visit [www.ActiveandFitDirect.com/FAQ](http://www.ActiveandFitDirect.com/FAQ).

**Enrolled?** Get started at  
[www.ActiveandFitDirect.com](http://www.ActiveandFitDirect.com).

**1** Go to “Resource Library” and select “On-Demand Workouts.”

**2** View videos in each category or use the search tool to find the workout you want.

**Not enrolled?** With the Active&Fit Direct program, you'll have access to:

- 800+ on-demand workout videos accessible at home or on-the-go
- Choice of 10,000+ fitness centers nationally
- Flexibility to change fitness centers with no long-term contract
- Activity tracking with 250+ wearable fitness devices, apps, and exercise equipment