





Create a Free Account to get instant access to 13,000+ on-demand workout videos!

12,700+ Standard Gyms



or cancel online with no fees or penalties.

Connect 1-on-1 with a personal well-being coach for

motivation in nutrition, stress management, sleep, and more.













12,700+ FITNESS CENTERS

Active&Fit

8,800+ Premium Gyms



yó YOGASIX

CLUB PILATES









Get Started: Visit https://digital.alight.com/mauserpackaging to enroll.

M966-249T 11/24 © 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 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. Other restrictions may apply based on the location of your selected fitness center. Some large chains may not offer access to multiple locations with their brand. Some fitness centers do not participate in the Active&Fit Direct network for all Program Sponsors. On-demand workout videos are 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.



^{1\$28} enrollment fee waived for standard and premium gyms 12/1/24 12:01 a.m. - 2/28/25 11:59 p.m. PT.

² 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 exercise studios selected.

³ Members may purchase multiple standard and premium gym memberships with a \$5 discount off the monthly fee for each membership purchased after their first.