



home or gym? we'll keep you active either way.



2,500+ DIGITAL

WORKOUT VIDEOS



UNLIMITED LIFESTYLE COACHING



11,000+ FITNESS CENTERS AND STUDIOS

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: activeandfitdirect.com/fitness/AF792126LI



Over 2,500 digital workout videos including programs from:



FITSTEPS





















M966-430A-LFA 2/21 © 2021 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™ program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct™ and the Active&Fit Direct™ Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location. Digital workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee, the Monthly Fee, 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; discontinue the Program entirely at any time upon advance written notice.

^{*}Plus applicable taxes.