






Everything You Need to Get Moving This Fall



\$0 Enrollment Fee with Code: FITFOCUS¹

-  **Top-brand gym options** for just \$28/mo.²
-  **Premium boutique exercise studios** at 20%-70% off²
-  **No long-term contracts**—switch gyms or cancel with ease
-  **Create a free account** to get 15,000+ at-home workout videos
-  **Personalized well-being coaching³** for nutrition, stress, sleep, and now GLP-1 assisted weight loss (**New!**)

12,700+ Standard Gyms



+ More

9,800+ Premium Gyms



+ More

STANDARD FITNESS MEMBERSHIP

\$28/mo.

12,700+ FITNESS CENTERS

Active&Fit
DIRECT™

Learn More:

<https://www.westernhealth.com/health-and-wellness/secure/health-living/gym-discounts/>

¹ \$28 enrollment fees waived for standard and premium gyms 9/1/25 12:01 a.m. - 11/30/25 11:59 p.m. PT.

² Plus 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 The Active&Fit Direct™ program is not a medical provider or pharmacist, and its coaches do not offer medical or pharmaceutical advice. They cannot and do not diagnose or treat medical, mental health, or other health conditions. Coaches provide general information for educational purposes only. For any medical or health concerns, consult a qualified healthcare professional.

M966-249W 8/25 © 2025 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.

