

Gym or Home?

We'll keep you active either way.



11,000+ STANDARD FITNESS CENTERS
Access 11,000+ fitness center options with the ability to change at any time, for just \$25 a month.



5,000+ NEW PREMIUM EXERCISE STUDIOS AND FITNESS CENTERS
Choose from 5,000+ premium options, with substantial discounts on most. Fees will vary and apply to each option chosen.



4,000+ DIGITAL WORKOUT VIDEOS
Try 200 videos for free today!



NEW ENROLL YOUR SPOUSE
or domestic partner.**



LIFESTYLE COACHING
Work with a coach to reach your health goals.



NO LONG-TERM CONTRACTS



Learn More: [MIKBenefits.com>Benefit Extras](https://mikbenefits.com/BenefitExtras)

11,000+ Standard Fitness Centers, including:



5,000+ NEW Premium Exercise Studios & Fitness Centers, including:



*Plus an enrollment fee and applicable taxes. Fees will vary based on fitness center selection.

**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. M966-510C 7/21 © 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 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.