

Gym or Home

Commit to Fit From Anywhere This Fall



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.**



NO LONG-TERM CONTRACTS



Commit to getting fit this fall!

Learn More: UPMC Employees can find Active&Fit Direct by searching Health and Wellness Discounts on the Infonet.

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. M966-105D 8/21 © 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.