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:
- Anytime Fitness
- Curves
- SNAP
- LA Fitness
- CHOZE
- blink
- Workout Anytime
- Row House
- Club Pilates
- YOGA SIX
- STRIDE
- Stretch Lab

5,000+ NEW Premium Exercise Studios & Fitness Centers, including:
- pure barre
- CYCLEBAR
- Camp Gladiator

FITNESS PROGRAM MEMBERSHIP
AS LOW AS $25/mo*

16,000+ FITNESS CENTERS
4,000+ WORKOUT VIDEOS

TM

*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.
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