



Empower Your Members with In-person Fitness Access

Give your members access to in-person fitness at no cost to your organization. LifeSpeak has partnered with the Active&Fit Direct™ program, which provides access to 12,700+ gym and 9,800+ premium exercise studio choices across the U.S., making it easy and affordable for members to stay active on their terms.

Comprehensive wellness, on-demand and in-person

True wellness supports both mind and body. LifeSpeak's expert resources combined with the Active&Fit Direct program's gym network offer members not only the choice of both in-person and virtual workouts but also on-demand content and tools to support all their overall wellbeing.

In-person fitness membership details

Active&Fit Direct members enjoy complete flexibility: No long-term contracts, easy online signup, gym switching, and online cancellation.

Standard fitness membership for \$28/month:

- ◆ Choice of 12,700+ gyms, including 24 Hour Fitness®, EOS Fitness®, Crunch Fitness®, Anytime Fitness®, and more.¹
- ◆ Choose one gym chain at a time, with the freedom to visit any location (at most chains).
- ◆ Bundle and save with \$5 off each additional gym joined.²

Premium fitness membership for 20%-70% off:

- ◆ Choice of 9,800+ boutique exercise studios, including YogaSix®, FIT4MOM®, Pure Barre®, Club Pilates, and more.¹
- ◆ Bundle and save with \$5 off each additional gym joined.²

How it works for members

- 1. Enroll via Active&Fit Direct's portal with a special employer-provided link.
- 2. Select a standard or premium membership and pay an enrollment fee.
- 3. Activate your fitness center of choice with the ability to switch gyms anytime.

LifeSpeak + Active&Fit Direct: A complete wellness experience for a healthier, more engaged workforce

With in-person and on-demand access, both organizations and members get a flexible, scalable approach to whole-person wellness.

For Organizations	For Members
Boost focus and engagement with expert-led wellbeing resources	Achieve goals your way, either in-person or on-demand
Give members in-person fitness access, at no cost to you	Find the perfect match with access to a nationwide gym network
Implement seamlessly with minimal administrative effort	Enroll spouses/partners at the standard rate ³

Unlock lasting wellness with LifeSpeak, built for every lifestyle

Contact us today to learn how LifeSpeak can enhance your organization's wellness initiatives and foster a stronger, more productive workforce.

¹ 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.

² Members may purchase multiple standard and premium gym memberships with a \$5 discount off the monthly fee for each membership purchased after their first.

³ 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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