



Experience wellness on your terms—virtual or in-person



With LifeSpeak, your fitness routine is built around you. Choose from thousands of expert-led virtual classes on LifeSpeak or access a nationwide network of gyms for in-person workouts through the Active&Fit Direct™ program.

Your Active&Fit Direct member benefits

- Choose from an extensive network of gyms across the U.S.
- No long-term contracts or annual fees
- Membership options for spouse/partner¹
- Bundle and save \$5 with each additional membership²

How to get started

1. Enroll via Active&Fit Direct's portal with your special employer-provided link.
2. Choose your membership and pay the enrollment fee.
3. Activate your preferred fitness center. Switch gyms at any time.

Fitness and beyond, LifeSpeak has you covered

Whether you want to exercise, eat healthy, or support your mental health, LifeSpeak helps you to stay active and healthy, your way.

Membership options through Active&Fit Direct program

Standard Fitness Membership (\$28/month³) — Choose from 12,700+ gyms



Premium Fitness Membership (20–70% Off³) — Choose from 9,800+ boutique exercise studios



¹Add a spouse/domestic partner (must be 18 years or older) to a primary membership for additional monthly fees. Fees vary based on fitness center.

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

³Plus 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.

© 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. 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 ASH modifies a fee or makes a material change to the Program, ASH will provide you with no less than 30 days' notice prior to the effective date of the change. ASH may discontinue the Program at any time upon advance written notice.