





# Premium Fitness Memberships

## **NEW! 5,000+ Premium Fitness Centers and Exercise Studios**

The Active&Fit Direct™ program now has over 5,000 Premium fitness centers and boutique exercise studios in its vast national network, with substantial discounts on most memberships. Access specialty fitness experiences like Pilates, barre, cycling, and more!

With the Active&Fit Direct program, you'll have access to:

-  **16,000+ fitness centers and studios** nationally. Choose from **11,000+ Standard and 5,000+ Premium fitness center options!**
-  **4,000+ digital workout videos** to stay active at home or on-the-go
-  The ability to **purchase a membership for your spouse or domestic partner\*\***
-  Flexibility to add, switch, or cancel fitness center memberships with **no long-term contracts**



**Learn More:** <http://mycigna.com > Wellness > Exercise>

**5,000+ Premium Fitness Centers and Studios, 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. M966-566A-CIG 10/21 © 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.