



A Member **Self-Pay** Fitness Program



A Product of
 American Specialty Health.

AGENDA

1. The Active&Fit Direct™ Program
2. Membership Fees
3. User Experience





Program Overview







A 3-Pronged Strategy for Member Self-Pay Fitness Program


Digital Fitness Choices


FREE 200 Workout Videos
Available to All Eligible Members

 Curated
Member Experience

 7,600+ Digital Workout Videos
Available to All Enrolled Members

Well-being Choices

 Live Lifestyle Coaching:
Exercise, Nutrition, and more

 Digital Resources,
Education & Classes

 **Connected!**
250+ Trackers & Apps

Fitness Member Choices

Total: 16,600+

Standard Fitness Network Choices (11,600+)
Member price: \$25/mo.



Premium Fitness Network Choices (5,000+)
Member price: \$30–\$200/mo.
(Substantial Discounts on Most Memberships)



Active&Fit Direct Branding and Public Service

Fitness Class, Monday through Friday
Free Public Access



95%

Member
Satisfaction

62

NPS



- NO Long-Term Member Contracts
- NO Maintenance Fees
- NO Hidden Fees
- NO Cost to Employer or Health Plan
- NO Eligibility Reports, Payroll Deductions, or Subsidization Requirements

Broad Fitness Center Network*

National Fitness Network:

Members can access **11,600+ standard gym options** with the ability to change at any time, for just \$25 a month.

Members can also choose from **5,000+ premium exercise studios**, with 20% - 70% discounts on most.

Fees may vary and apply to each option chosen.

*The list of fitness chains shown is an example of gyms that are included in our national fitness center and studio network. Not all gym locations may participate in designated network area locations by state or region.

Member Enrollment:

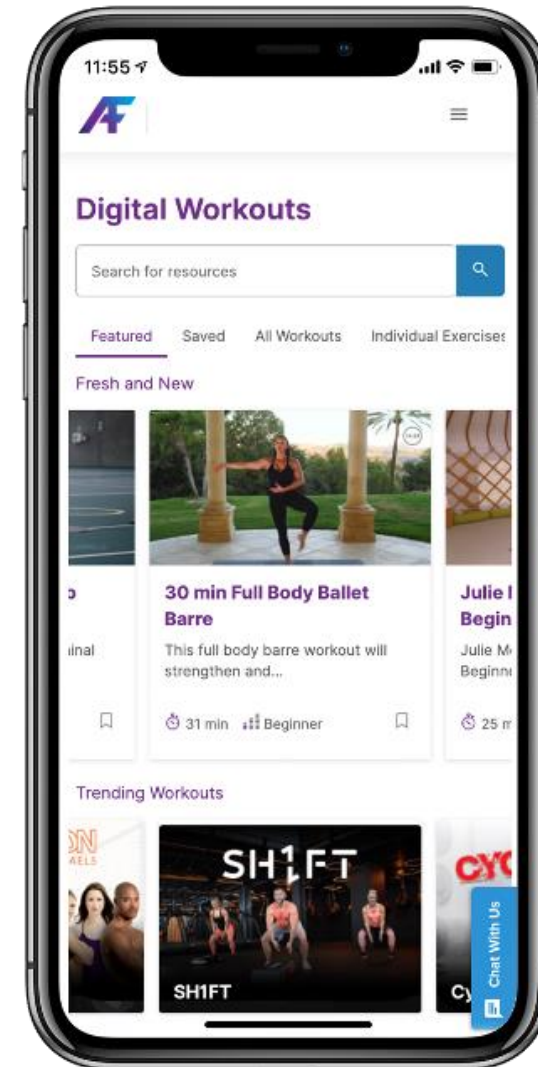
Member chooses a gym that works best for them and signs a membership agreement with the fitness center.



Digital Workout Videos

Choose, create, and curate your own digital fitness experience based on your preferences including fitness levels, class duration, and instructor.

- Over 7,600 Digital Workout Videos are included in your Active&Fit Direct membership (at no additional cost)
- Great variety of Digital Workout Videos for all fitness levels
- Digital Workout Videos range in duration from a few minutes up to an hour
- Digital Workout Videos are accessed on ActiveandFitDirect.com, and are optimized for desktops, mobile phones, and tablets



Active&Fit Direct Connected!™

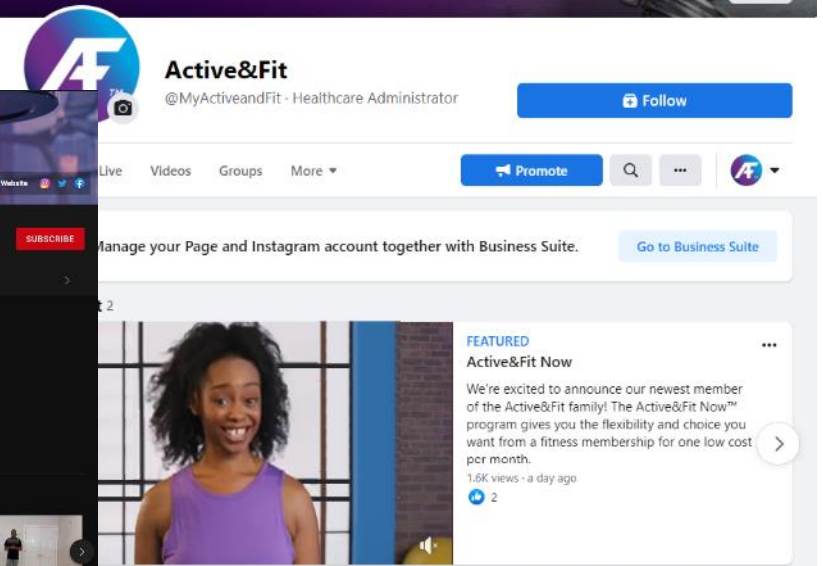
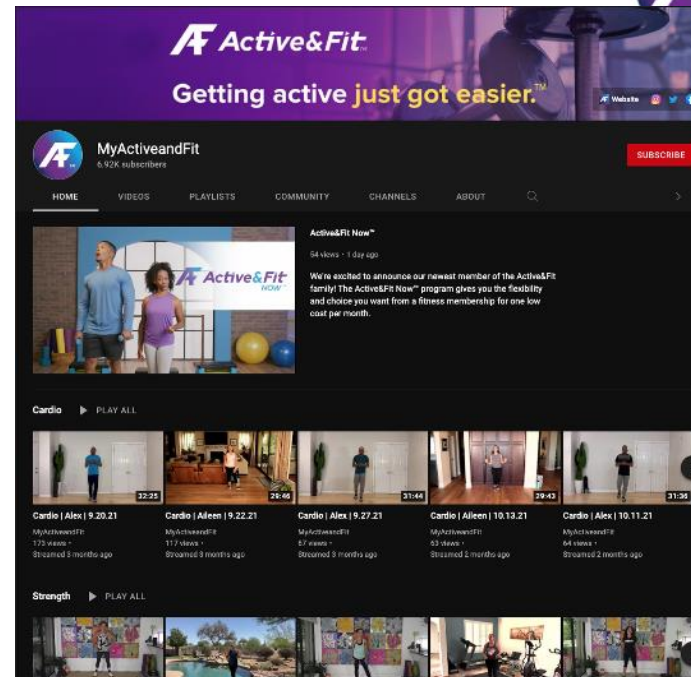
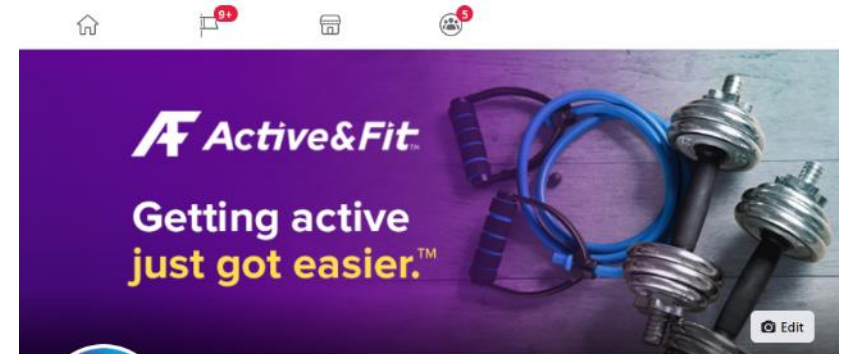
Aggregated Data from 250+ Wearable Trackers and Mobile Apps



Fit at Home™ on YouTube and Facebook

Follow the Active&Fit Direct program on Facebook!

- Join a variety of workout classes available anytime
- Prior workouts will also be available on our YouTube channel
- Class type examples include: Upper Body Blast, Yoga Flow, Lower Body Blast, Yoga Core, and others



One-on-One Lifestyle Coaching



Fitness



Stress



**Lifestyle
Coaching**



Nutrition



Sleep

Fitness and Exercise Education Classes

Access to a searchable library of online education classes on fitness and exercise, including illustrations, animations, and interactive tools.

Topics include:

- How to lead a healthy lifestyle
- Which fitness activities are right for you
- Training tips
- Exercises for health conditions
- Proper nutrition

Exercising at Home: How to Get Started

Working out at home can be a convenient and cost effective way to get your daily dose of exercise. But how do you get started? And what equipment do you need? This class provides basic information and helpful tips about how to start a home exercise routine.

Calisthenics are simple exercises such as push-ups, abdominal crunches, and squats that use your own body weight for resistance.

Sample workout:
5 minutes of jumping jacks or jogging in place

Staying Active With Chronic Neck Pain

Have you become less active since having chronic neck pain? If so, pain may be keeping you from doing some of the things you used to do. You may also be afraid that being active may cause your pain to worsen. This class will show that you can stay active with chronic neck pain, why it's important to do so, and tips for staying safe.

Exercises can help restore neck movement and help lessen pain.

1:33 / 9:40

Boot Camp Classes: Are They for You?

Boot camp classes offer a robust, whole-body workout that builds endurance, strength, and agility. Many people enjoy the challenge and camaraderie of boot camp classes. Have you ever thought of joining one?

- Burn about 600 calories an hour
- Save time
- Improve your heart and lung function
- Increase muscle strength
- Get a whole-body aerobic and strength training workout in a single class
- Strengthen your core, which can help lower your risk of low back pain and injury
- Boost your flexibility and agility

Food for Your Workout

2:02 /

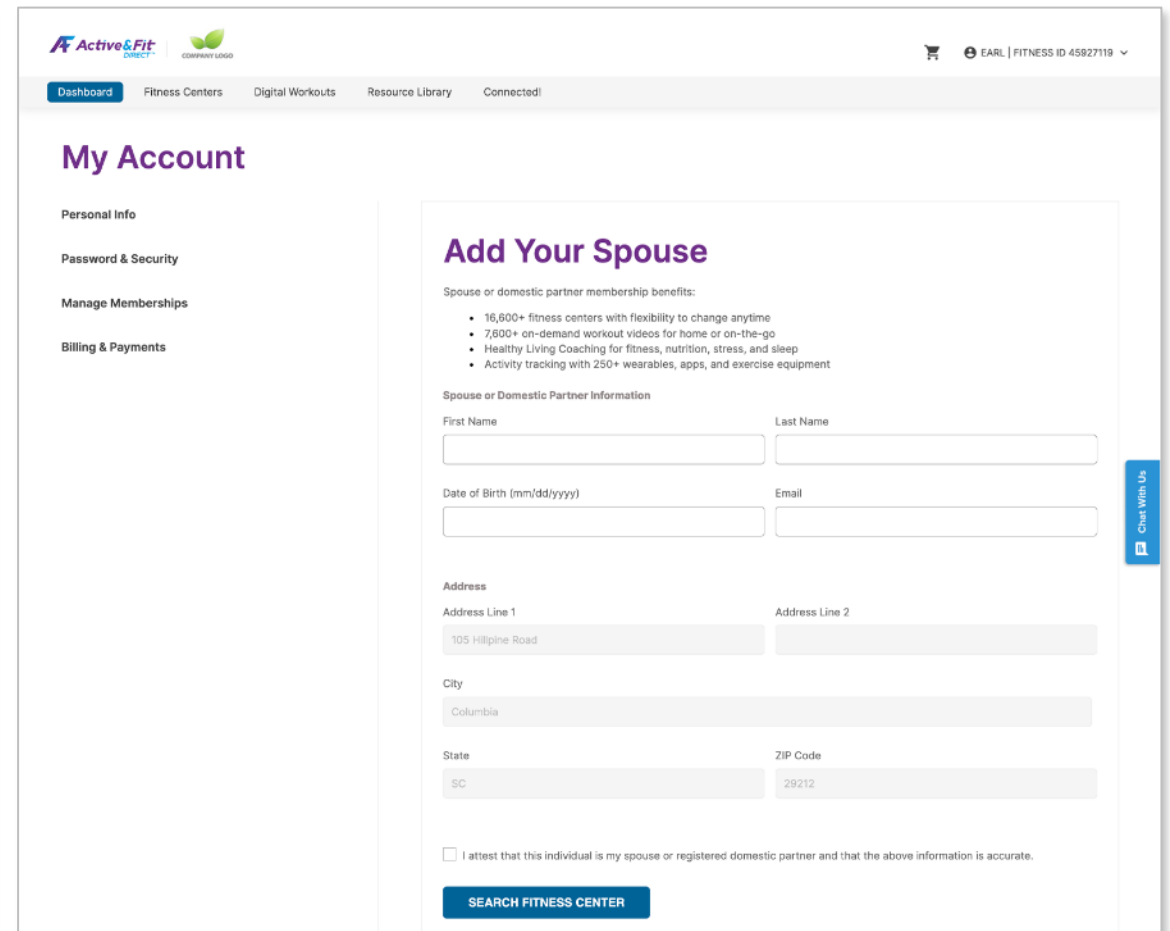
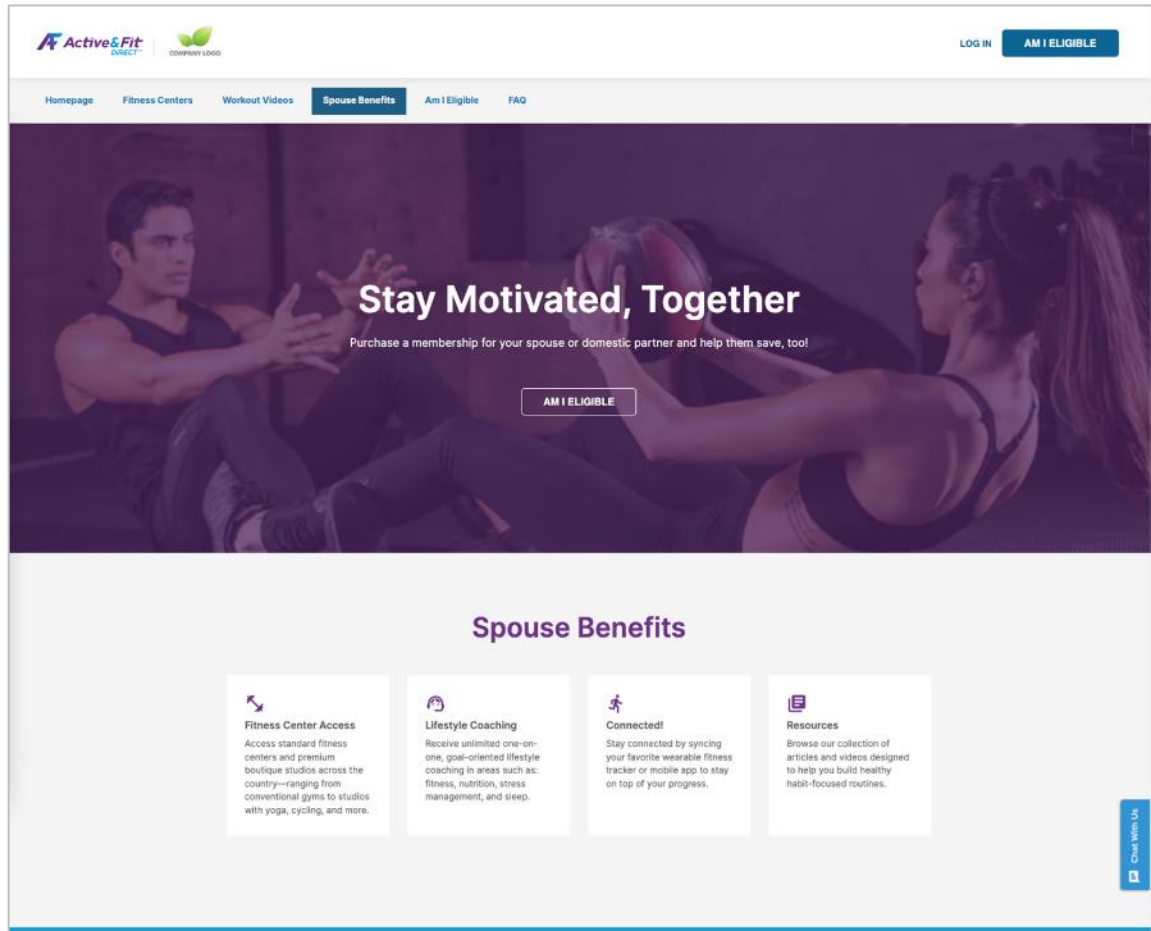
In this class, we'll give you basic guidelines to help you decide how to fuel your fitness in a way that works for you. The guidelines will give you an idea of foods to eat before, during, and after a workout and how to time your workout snacks. You'll also learn about staying hydrated.

Follow your snack with a balanced, healthy meal 3 to 4 hours later.

3:24 / 5:14

Enroll a Spouse/Domestic Partner

Members can now enroll their spouse/domestic partner through their account.





Membership Fees



Active&Fit Direct Member Fees

Initial Fee Standard Network <h1 style="font-size: 2em; margin: 0;">\$75</h1> <small>(Plus applicable taxes)</small>	Enrollment Fee ¹ : \$25 Monthly Membership Fee (enrollment month): \$25 Monthly Membership Fee (second month): \$25 Total: \$75
Initial Fee Premium Network <small>(Plus applicable taxes)</small>	Enrollment Fee ¹ : \$25 Monthly Membership Fee (enrollment month): \$30-200 Monthly Membership Fee (second month): \$30-200 Total: Varies
Standard Monthly Fee <small>(Plus applicable taxes)</small>	Recurring Monthly Membership Fee ² : \$25
Premium Monthly Fee <small>(Plus applicable taxes)</small>	Recurring Monthly Membership Fee ² : \$30-200

Premium Network Prices vary. May range from \$30-200 per month.

¹ Applies to any new membership, including members who previously participated, terminated their membership, and are now enrolling again.

² Members can cancel enrollment after 2 months of consecutive participation.

Your Selections

Standard Memberships for Nelson S.		Enrollment Fee	\$25.00
Gold's Gym for Nelson S. Standard Membership Remove	April Monthly Fee	\$25.00*	
	May Monthly Fee	\$25.00	
Subtotal		\$75.00	
Stage 3 Fitness		Enrollment Fee	\$25.00
Stage 3 Fitness Group Fitness Package Remove	April Monthly Fee	\$35.00*	
	May Monthly Fee	\$35.00	
Subtotal		\$95.00	

***Pro Tips!** Sign up at the beginning of the month for the best value. Fees for the current month are full price, regardless of the date you sign up within the month. If your choice includes a specific number of classes or visits per month, use all you can each month because any that are unused will NOT roll over to the next month.

Updated Fees for Next Month

Memberships are billed one month in advance. Your next charge will be on May 26 to cover your June visits. After today's purchase, this will be your recurring payment:

Standard Membership for Nelson S.	\$25.00/month
Stage 3 Fitness for Nelson S.	\$35.00/month
New monthly fee (plus tax)	\$60.00/month

Example of membership fees with a standard and premium fitness center selected.

Premium Network Pricing

Find a fitness center near you
San Diego, CA 92126, USA

25 Results

Standard
Our most popular program. For \$25/month (plus tax), join any standard fitness center from over 11,600 nationwide. Change anytime.

Premium
Select network of premium studios, facilities, and class packages, with a discount ranging from 20-70% off! Prices vary.

- Club Pilates - Mira Mesa**
9480 Mira Mesa Blvd Ste P
San Diego, CA 92126
- Koko FitClub of Scripps Ranch**
9860 Hibert St Ste C3
San Diego, CA 92131
- Hardcore Fitness - Miramar**
8990 Miramar Rd Unit 140
San Diego, CA 92126

Can't find your fitness center? [NOMINATE A FITNESS CENTER](#)

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My Account

Personal Info
Password & Security
Manage Memberships
Billing & Payments

Manage Memberships

EARL L. [ADD SPOUSE/PARTNER](#)

Standard Memberships for Earl L.

Standard Memberships	\$25.00/month	SWITCH	CANCEL
LA Fitness - Kearny Mesa	Unlimited visits per month	Included	

Premium Memberships for Earl L.

Currently there are no premium memberships

[ADD MORE MEMBERSHIPS FOR EARL L.](#)

Program Totals

The Active&Fit Direct™ Program includes fitness centers, classes, digital workout videos, and activity tracking for you and your family.

Total monthly fees	\$25.00/month	CANCEL ENTIRE PROGRAM
--------------------	---------------	---------------------------------------

* Premium exercise studios and fitness centers fees will vary based on selection.



User Experience



Register or Enroll

Try the program for free and get access to 200 digital workout videos.

Or, enroll in the complete program to access our full library of 7,600+ videos, choice of thousands of fitness centers and studios nationwide, and more.

Homepage Fitness Centers **Workout Videos** Spouse Benefits Am I Eligible FAQ

LOG IN **AM I ELIGIBLE**

GET FIT AT HOME™

Achieve your fitness goals with thousands of workout videos on demand, featuring world-class instructors and professionally curated workouts to fit your lifestyle.

JILLIAN MICHAELS **CYCLING FUSION** **LES MILLS** **SHIFIT**

AM I ELIGIBLE

Workout Variety
Choose from over 7,600+ videos in categories such as: Cardio, Dance, Yoga, HIIT, Muscle Release, and more.

Professionally Curated
Our workout videos are professionally curated by a team of chiropractors and physical therapists, ensuring your workouts are always safe.

Top fitness Brands
Get your workout on with top fitness brands including Les Mills, Jillian Michaels, YogaFit and more!

Clear With Us

Main Page

The screenshot shows the Active&Fit website main page. At the top left is the Active&Fit logo and a 'COMPANY LOGO' icon. To the right are 'LOG IN' and 'JOIN NOW' buttons. Below the header is a navigation menu with 'Homepage', 'Fitness Centers', 'Workout Videos', 'Spouse Benefits', 'Am I Eligible', and 'FAQ'. The main content area has a dark purple background with a grid pattern. A large yellow text block reads '\$25 Enrollment Fee Waived!'. Below this is a paragraph: 'Join any of our 11,600+ fitness centers and studios with no long-term contracts. Plus, access 7,600+ guided workout videos in the comfort of your home. Get the flexibility you need in a fitness routine. All for just \$25/month.' Below that is a smaller line: 'Hurry! Offer ends Aug. 31. Standard gyms only.' A 'LEARN MORE' link is present. A search bar contains the text 'City, Zip code or Full Address.' To the right is a circular badge for 'STANDARD FITNESS MEMBERSHIP \$25 /mo' with '11,600+ FITNESS CENTERS' and '7,600+ WORKOUT VIDEOS'. A 'Chat With Us' button is in the bottom right corner of the main area. Below the main area are three columns: '11,600+ Fitness Centers' with the subtext 'Choose from thousands of fitness centers and studios nationwide to find your perfect fit.'; '7,600+ Workout Videos' with 'Work out at home or on the go, on your schedule.'; and 'No Long-Term Contracts' with 'Add or switch gyms anytime, and cancel your membership when you need to.'

Option to Search for a Fitness Center

The screenshot shows the Active&Fit website interface. At the top, there is a navigation bar with 'Dashboard', 'Fitness Centers', 'Digital Workouts', 'Resource Library', and 'Connected!'. A search bar is located in the top left, with 'San Diego, CA 92126, USA' entered. Below the search bar, it says '25 Results' and 'FILTERS'. There are two filter options: 'Standard' (selected) and 'Premium'. The 'Standard' filter description reads: 'Our most popular program. For \$25/month (plus tax), join any standard fitness center from over 11,600 nationwide. Change anytime.' The 'Premium' filter description reads: 'Select network of premium studios, facilities, and class packages, with a discount ranging from 20-70% off! Prices vary.' Below the filters, there are three fitness center listings:

- Being-Fit Fitness Centers**: 8292 Mira Mesa Blvd, San Diego, CA 92126
- LA Fitness - Sorrento Valley**: 10535 Heater Court, San Diego, CA 92121
- Planet Fitness - Sorrento Valley**: 9420 Scranton Rd, San Diego, CA 92121

To the right of the listings is a map of San Diego with numerous purple location pins. At the bottom of the map area, there is a button that says 'NOMINATE A FITNESS CENTER'. The footer of the page is purple and contains the text 'POWERED BY American Specialty Health.', 'Useful Links' (About Us, Terms & Conditions, Privacy Statement, FAQ), and 'Connect' (Contact Us, social media icons for Facebook, Twitter, YouTube, and Instagram). A small disclaimer at the very bottom reads: 'Clicking on these links will take you away from ActiveandFitdirect.com. Active&Fit Direct is not responsible for any content of external websites.'

Find a Fitness Center

Active & Fit DIRECT

Dashboard **Fitness Centers** Digital Workouts Resource Library Connected!

Find a fitness center near you

San Diego, CA 92126, USA

25 Results FILTERS

Standard
Our most popular program. For \$25/month (plus tax), join any standard fitness center from over 11,600 nationwide. Change anytime.

Premium
Select network of premium studios, facilities, and class packages, with a discount ranging from 20-70% off! Prices vary.

My Fitness Center **Standard**
Being-Fit Fitness Centers
8297 Mira Mesa Blvd
San Diego, CA 92126

My Fitness Center **Standard**
LA Fitness - Sorrento Valley
10535 Heater Court
San Diego, CA 92121

My Fitness Center **Standard**
Planet Fitness - Sorrento Valley
9420 Scranton Rd
San Diego, CA 92121

Can't find your fitness center? **NOMINATE A FITNESS CENTER**

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Active & Fit DIRECT

Dashboard **Fitness Centers** Digital Workouts Resource Library Connected!

Find a fitness center near you

San Diego, CA 92126, USA

25 Results FILTERS

Standard
Our most popular program. For \$25/month (plus tax), join any standard fitness center from over 11,600 nationwide. Change anytime.

Premium
Select network of premium studios, facilities, and class packages, with a discount ranging from 20-70% off! Prices vary.

My Fitness Center **Standard**
LA Fitness - Sorrento Valley
10535 Heater Court
San Diego, CA 92121

My Fitness Center **Standard**
Planet Fitness - Sorrento Valley
9420 Scranton Rd
San Diego, CA 92121

My Fitness Center **Standard**
Crunch - Carmel Valley
6025 Village Way
San Diego, CA 92130

LA | FITNESS.

Overview Photos

LA Fitness - Sorrento Valley

10535 Heater Court
San Diego, CA 92121

Standard

Standard Membership
Included at no additional cost

Information

Phone: (858) 550-5912
Email: Information not available
[lafitness.com](mailto:info@lafitness.com)

Minimum Age: 18 (or 14 with guardian)

Hours

Monday	4:00 am - 11:00 pm
Tuesday	4:00 am - 11:00 pm
Wednesday	4:00 am - 11:00 pm
Thursday	4:00 am - 11:00 pm
Friday	4:00 am - 10:00 pm
Saturday	6:00 am - 8:00 pm
Sunday	6:00 am - 8:00 pm

Can't find your fitness center? **NOMINATE A FITNESS CENTER**



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Create an Account

LOGIN

Create an Account Step 1 of 2



First Name

Last Name

Date of Birth

Email

I have read and agree to the [Terms & Conditions](#).


 

LOGIN

Create an Account Step 2 of 2

Username

Password

Security Question

Security Answer

Membership Payment

Dashboard **Fitness Centers** Digital Workouts Resource Library Connected!

EARL | FITNESS ID 45927119

< Add more memberships for Earl L.

Your Selections

	Club Pilates - Mira Mesa for Earl L.	Enrollment Fee	\$25.00
	4 Class Package	July Monthly Fee	\$86.00*
	Remove	August Monthly Fee	\$86.00
	Subtotal		\$197.00

*Pro Tip! Sign up at the beginning of the month for the best value. Fees for the current month are full price, regardless of the date you sign up within the month. If you have also selected a location with a specific number of classes/visits per month, try to use all classes/visits as any that are unused will NOT roll over to the next month.

Updated Fees for Next Month

Memberships are billed one month in advance. Your next charge will be on August 2 to cover your September visits. After today's purchase, this will be your recurring payment:

Standard Membership for Earl L.	\$25.00/month
Club Pilates - Mira Mesa for Earl L.	\$86.00/month
New monthly fee (plus tax)	\$111.00/month

Order Summary

Promo Code (optional)

Total Today (plus tax) \$197.00

Cancel your enrollment any time after 2 consecutive months of participation.

I understand the payment details on this page.

I have read and agree to the [Membership Terms & Conditions](#) and [Privacy Statement](#).

Dashboard **Fitness Centers** Digital Workouts Resource Library Connected!

EARL | FITNESS ID 45927119

Checkout

Privacy is important to us. This information will only be used to process your order and will never be shared for any other reason without your permission.

Billing Information

First Name: Earl, Last Name: Lautest

Address Line 1: 123 Test Street, Address Line 2 (optional):

City: San Diego, State: California, Zip: 92126

Phone (optional):

Mailing address same as billing

Mailing Information

First Name: Earl, Last Name: Lautest36

Address Line 1: 123 Test Street, Address Line 2 (optional):

City: San Diego, State: California, Zip: 92126

Phone (optional): 222222222

Payment Information

Order Summary

Total Items: 1 \$197.00

Tax

Total Today (plus tax) \$197.00

* Premium exercise studios and fitness centers fees will vary based on selection.

Membership Confirmation

The screenshot shows a web page with a purple header and footer. The main content area is white and contains a blue circular icon with a line graph and stars. Below the icon, the text reads "Success! Your memberships are being added." followed by a message: "Return to the dashboard to get your Active&Fit Cards and to access all your new membership features! Happy working out." There are two buttons: "Add Spouse" and "Dashboard / Active&Fit Cards". The footer is purple and contains the text "POWERED BY American Specialty Health.", "Useful Links" (About Us, Terms & Conditions, Privacy Statement, FAQ), and "Connect" (Contact Us, social media icons for Facebook, Twitter, YouTube, and Instagram). A small disclaimer is at the bottom left of the footer.

Active&Fit DIRECT | | EARL | FITNESS ID 45927119

Success!
Your memberships are being added.

Return to the dashboard to get your Active&Fit Cards and to access all your new membership features! Happy working out.

[Add Spouse](#) [Dashboard / Active&Fit Cards](#)

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[FAQ](#)

Connect
[Contact Us](#)
[f](#) [t](#) [y](#) [i](#)

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View Fitness Card

New participants will receive a fitness card with a "Fitness ID" number that they must bring to their fitness center(s) to get a membership card.

My Memberships [+ Add Spouse](#) | [Manage Memberships](#)


Now that you're enrolled in the Active&Fit Direct™ program, simply show the Active&Fit Direct™ card along with a valid photo ID at your selected fitness center. Happy working out!

[+ ADD MORE MEMBERSHIPS](#)

Add more fitness centers and classes anytime!

Standard Memberships \$25/month
Switch or cancel anytime. No long-term contracts. No cancellation fees.

Premium Memberships
Prices vary for premium individual memberships at boutique studios and fitness centers. Switch or cancel anytime. No long-term contracts. No cancellation fees.




LA Fitness - Kearny Mesa
4984 Shawline St
San Diego, CA 92111

Standard Membership

Member Name: Earl Lautest36
Date of Birth: 01/01
Fitness ID: 45927119
Effective: 10/13/21

[DOWNLOAD / PRINT](#)



Planet Fitness - Sorrento Valley
9420 Scranton Rd
San Diego, CA 92121

Standard Membership

Member Name: Earl Lautest36
Date of Birth: 01/01
Fitness ID: 45927119
Effective: 01/21/22

[DOWNLOAD / PRINT](#)

Enroll a Spouse/Domestic Partner

Members can enroll their spouse/domestic partner through their account.

My Account

- Personal Info
- Password & Security
- Manage Memberships**
- Billing & Payments

Manage Memberships

EARL L. ADD SPOUSE/PARTNER

Standard Memberships for Earl L.

Standard Memberships	\$25.00/month	SWITCH	CANCEL
LA Fitness - Kearny Mesa	Unlimited visits per month	Included	

Premium Memberships for Earl L.

Currently there are no premium memberships.

[ADD MORE MEMBERSHIPS FOR EARL L.](#)

Program Totals

The Active&Fit Direct™ Program includes fitness centers, classes, digital workout videos, and activity tracking for you and your family.

Total monthly fees	\$25.00/month	CANCEL ENTIRE PROGRAM
--------------------	---------------	---------------------------------------

My Account

- Personal Info
- Password & Security
- Manage Memberships**
- Billing & Payments

Add Your Spouse

Spouse or domestic partner membership benefits:

- 16,600+ fitness centers with flexibility to change anytime
- 7,600+ on-demand workout videos for home or on-the-go
- Healthy Living Coaching for fitness, nutrition, stress, and sleep
- Activity tracking with 250+ wearables, apps, and exercise equipment

Spouse or Domestic Partner Information

First Name Last Name

Date of Birth (mm/dd/yyyy) Email

Address

Address Line 1 Address Line 2

105 Hillpine Road

City

Columbia

State ZIP Code

SC 29212

I attest that this individual is my spouse or registered domestic partner and that the above information is accurate.


[SEARCH FITNESS CENTER](#)

Enroll a Spouse/Domestic Partner

Members can enroll their spouse/domestic partner through their account.

Active&Fit DIRECT | COMPANY LOGO

EARL | FITNESS ID 45927119



Success!
Your spouse's membership is being added.

An email has been sent to your spouse instructing them register in order to view their Active&Fit Card.

[View Spouse's Membership](#)



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Please add spouse@activeandfitdirect.com to your address book to ensure proper delivery to your inbox.

Welcome to the Active&Fit Direct™ Program!

Hi Katie,
 Good news! You have been enrolled into a fitness center/studio by your spouse.

Please follow these brief instructions to complete your registration and enjoy your membership:

1. Click the "Get Started" button below to register and create your account.
2. Pro Tip: Make sure the name you register matches [Katie Simpson].
3. Registered and ready to hit the gym? Take your new fitness card with you and present it on your first visit.

[Get Started](#)

Button not working? Paste this link into your browser:
<https://www.activeandfitdirect.com/spouselanding>

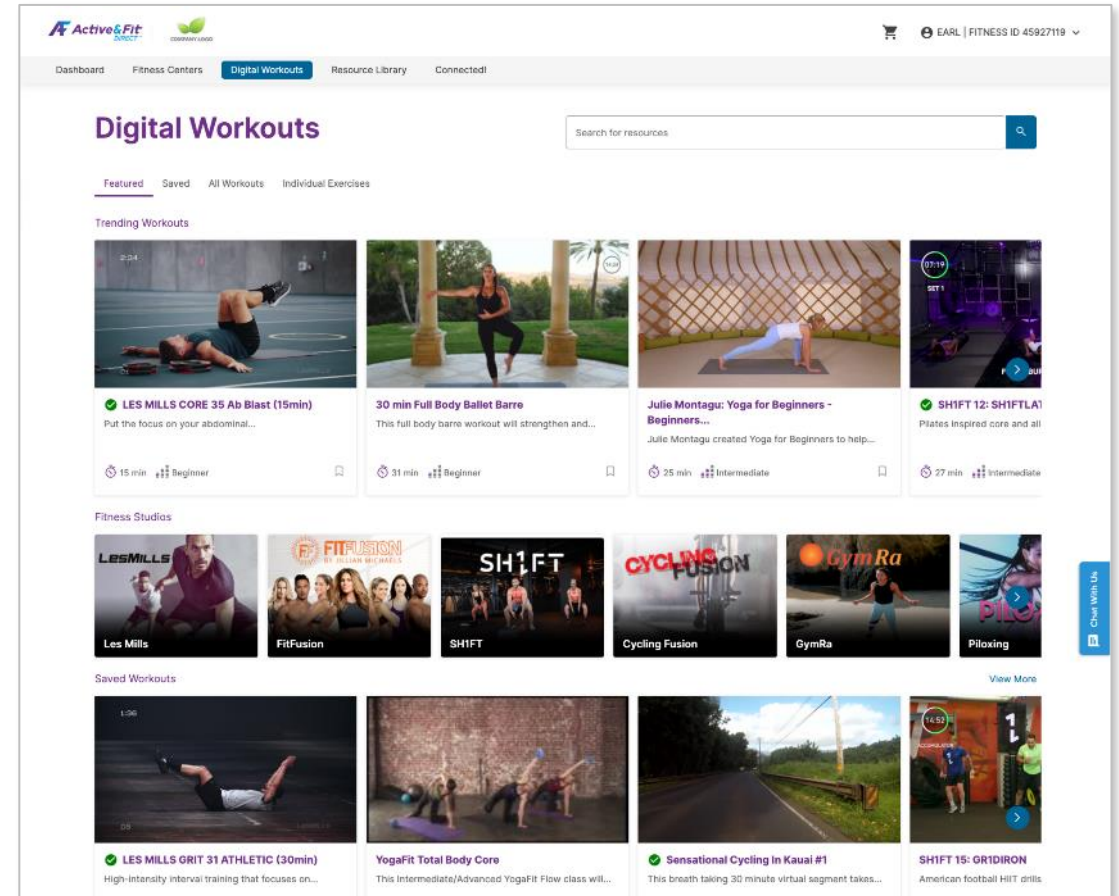
Sincerely,
 Active&Fit Direct

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 American Specialty Health | 1021 Wateridge Circle | San Diego, CA 92121
 You received this email because your spouse enrolled you into Active&Fit Direct program. If you no longer wish to receive these emails you can update your email preferences or unsubscribe from all future emails.

Digital Workouts

Featuring 7,600+ digital workout videos for all fitness levels.

- Choose, create, and curate your own digital fitness experience based on your preferences including fitness levels, class duration, and instructor.
- Work out on your own schedule and in the comfort of your favorite setting.
- Classes available for strength, yoga, cardio, cycling, dance, tai chi, and more.



Guest Passes (Accessed Through Fitness Center Search)

Dashboard **Fitness Centers** Digital Workouts Resource Library Connected!

Find a fitness center near you
San Diego, CA 92126, USA

25 Results FILTERS

Standard
Our most popular program. For \$25/month (plus tax), join any standard fitness center from over 11,600 nationwide. Charge anytime.

Premium
Select network of premium studios, facilities, and class packages, with a discount ranging from 20-70% off! Prices vary.

My Fitness Center **Standard**
Being-Fit Fitness Centers
8292 Mira Mesa Blvd
San Diego, CA 92126

Standard Membership
SELECT

GET A GUEST PASS

Information
Phone: (858) 549-3456
Email: tommyie@beingfitfitnesscenters.com
beingfitfitnesscenters.com
Minimum Age: 18 (or 14 with guardian)

Hours
Monday 5:30 am - 8:30 pm
Tuesday 5:30 am - 8:30 pm
Wednesday 5:30 am - 8:30 pm

Can't find your fitness center? **NOMINATE A FITNESS CENTER**

POWERED BY **American Specialty Health.**

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Find a fitness center near you
San Diego, CA 92126, USA

25 Results FILTERS

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Our most popular program. For \$25/month (plus tax), join any standard fitness center from over 11,600 nationwide. Charge anytime.

Premium
Select network of premium studios, facilities, and class packages, with a discount ranging from 20-70% off! Prices vary.

My Fitness Center **Standard**
Being-Fit Fitness Centers
8292 Mira Mesa Blvd
San Diego, CA 92126

Standard Membership
Included at no additional cost

CONTACT FITNESS CENTER FOR GUEST PASS

Information
Phone: (858) 550-5912
Email: information not available
lafitness.com
Minimum Age: 18 (or 14 with guardian)

Hours
Monday 4:00 am - 11:00 pm
Tuesday 4:00 am - 11:00 pm
Wednesday 4:00 am - 11:00 pm
Thursday 4:00 am - 11:00 pm

Can't find your fitness center? **NOMINATE A FITNESS CENTER**

POWERED BY **American Specialty Health.**

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Guest Pass Letter



May 1, 2022

First Lastly
123 YOUR ST
SAN DIEGO, CA 92121

Crunch - Carmel Valley
6025 Village Way
San Diego, CA 92130

Subject: Trial Guest Pass

Dear Fitness Center Staff:

First Lastly is interested in possibly signing up for membership at your fitness center through American Specialty Health Fitness, Inc. (ASH Fitness) and the Active&Fit Direct™ program, but would like to first experience working out there to ensure it is a good fit.

As noted in your Active&Fit Direct™ agreement, please provide a one-time free guest pass. The number of days covered by the guest pass is at your discretion.

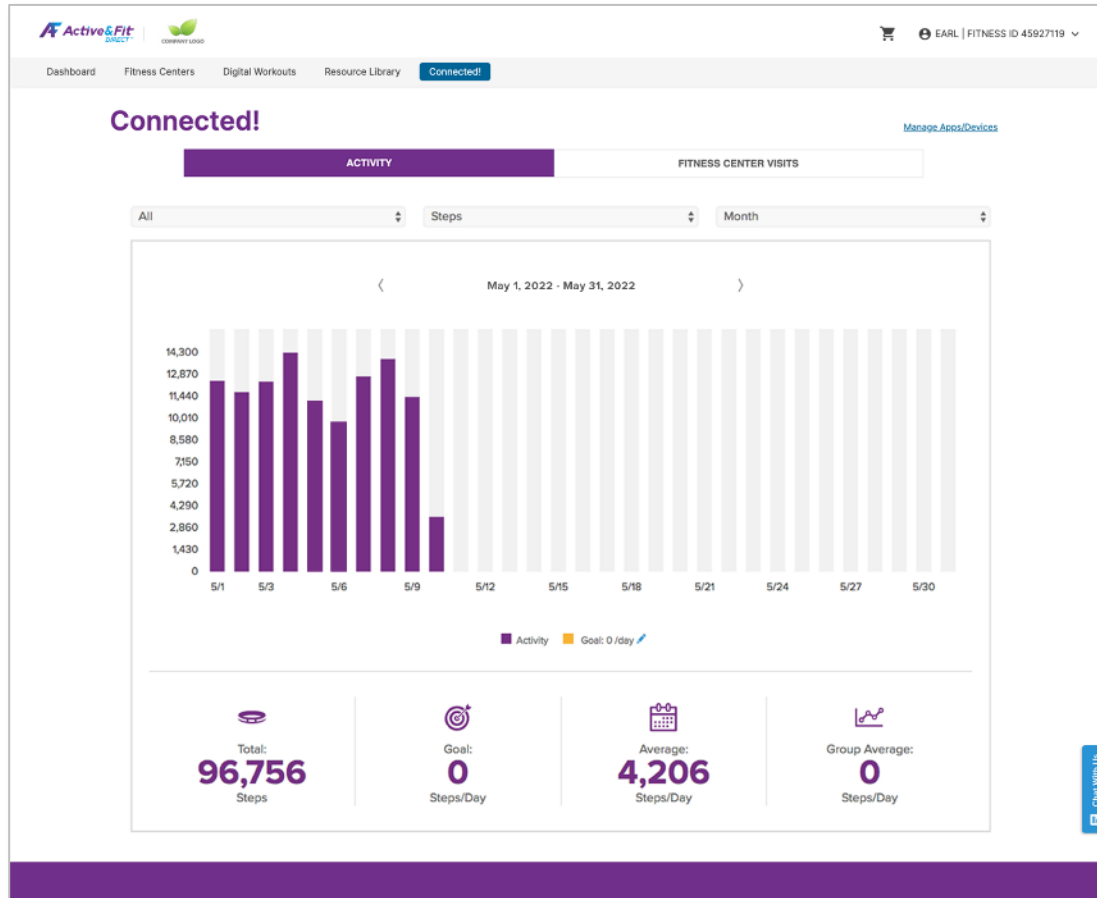
Once a member is enrolled directly through Active&Fit Direct™ customer service, the member will bring their Fitness Card, which contains their Fitness ID, to your fitness center. You can sign them up on your standard membership agreement with zero fees and bill Active&Fit Direct™ for their usage (as defined in your agreement). You can verify eligibility and enrollment status by using ASHLink.com and entering in their first and last name with date of birth, or Fitness ID.

Thank you!

ASH Fitness Customer Service



Active&Fit Direct Connected! Tracker



Active&Fit Direct Connected! Marketplace (Manage Apps/Devices)

The screenshot shows the 'My Account' page in the Active&Fit Direct interface. The user is logged in as EARL with a FITNESS ID of 45927119. The page is titled 'My Account' and 'Apps and Devices'. A dropdown menu for 'Available Apps/Devices' is set to 'Name (A-Z)'. The main content area displays a grid of 12 app icons, each with a 'CONNECT' button below it. The apps shown are:

- Bewel Connect (bw connect)
- Fitbit
- Garmin Connect (GARMIN)
- iHealth
- MapMyFitness (Under Armour logo)
- MapMyRide (Under Armour logo)
- MapMyRun (Under Armour logo)
- MapMyWalk (Under Armour logo)
- OMRON WELLNESS
- Other icons include a stylized 'M', a blue circle with dots, and a blue infinity symbol.

A 'Chat With Us' button is visible on the right side of the page.



Nominate a
Fitness Center



Nominate a Fitness Center

The screenshot shows a web form titled "Nominate a Fitness Center" on the Active&Fit website. The form is set against a white background with a purple header and footer. At the top left, the Active&Fit logo and "CONNECT WITH US" are visible. The top right shows a shopping cart icon and the user's name "EARL" with a fitness ID "45927119". A navigation bar includes "Dashboard", "Fitness Centers", "Digital Workouts", "Resource Library", and "Connected!".

Nominate a Fitness Center

Please provide the following information and we will contact the fitness center for possible addition to our network.

Fitness Center Name:

Fitness Center Address (Address, City, State, ZIP Code):

Fitness Center Phone Number:

SUBMIT

POWERED BY
American Specialty Health.

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