Active&Fit DIRECT™

LIFE™ Empowered Members, Informed Choices

Your Favorite Gyms FOR LESS



Great Gyms at a Great Price

Keep your fitness goals on budget and choose from thousands of top-brand gyms like 24 Hour Fitness®, Crunch®, Anytime Fitness®, and more for ***$28/mo.***[1]

Big Savings on Boutique Fitness

Whether you want to try something new or save on the specialty workouts you already love—barre, Pilates, yoga, boxing, spin, and more—get access to premium studios for ***20% - 70% off.***[2]

Flexibility Comes First

No long-term contracts, annual fees, or cancellation penalties *mean you're free to switch gyms or cancel whenever you like.*[3] *It's your membership, your way.*

More Ways to Support Your Wellness

Get even more to help you reach your goals, including 1-on-1 well-being coaching[4]*, exclusive discounts on workout gear and wellness essentials*[5]*, thousands of free workout videos, and more—****all included in your membership.***

Get Started

login.mylifebenefits.org

12,900+ Standard Gyms

the Y · CRUNCH · 24 HOUR FITNESS · EōS FITNESS · ANYTIME FITNESS · snap 24/7 fitness

10,700+ Premium Gyms

CLUB PILATES · FIT4MOM · pure barre · F45 TRAINING · RUMBLE · STRETCH LAB

[1]Plus a $28 program enrollment fee and applicable taxes. [2]Costs for premium exercise studios exceed $28/mo. plus applicable taxes. Fees vary based on premium fitness studios selected. [3]An initial 2-month introductory period applies then participation is month-to-month. [4]Active&Fit Direct and its coaches provide general information for educational purposes only and do not offer medical or pharmaceutical advice or diagnoses. For any medical or health concerns, consult a qualified healthcare professional. [5]Not all program sponsors offer Marketplace; vendors, products, and discounts are subject to change.

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