

## Additional Benefits:

Signing up for an account will allow you to access all 12,000+ online videos for no cost!

Month to month payments, with no long term contract!

Ability to add a spouse for an extra \$28 a month

You can add additional memberships for an extra \$25



# ACTIVE AND FIT

With the Active & Feet standard program you will have access to contracted gyms around the area and across the nation for \$28 a month. Participating gyms included Anytime Fitness, Planet Fitness, and Golds. Premium membership grants access to other specialty clubs like Orange Theory, Cyclebar, and Club Pilates. These prices vary.

Various discount codes are offered to waive enrolment fees, so please contact Connor O'Rourke or check the home screen to see what is available!

Find the link under the Resources Tab on IV