

Made available through



Get Your First Month FREE¹



Enroll now in Fitness Your Way[®], your flexible fitness program brought to you by

Blue Cross Blue Shield of Michigan



During June, Get Your First Month Free¹ with our Base Gym Package when you stay a minimum of 3 months². Want to try out a different package? A credit can also be applied to *any* of our flexible gym packages¹. Get access to thousands of gyms³ with no long-term contracts, and take virtual classes.



Gym packages

- Four Gym packages available, starting at just \$19 a month⁴ and a one-time enrollment fee of \$19²
- Digital-only package also available for just \$10 a month⁴ (all digital content included with gym packages)



At-home workouts

- Access to digital content from providers like LES MILLS⁵, for even greater flexibility
- On-Demand videos available 24/7 and Live virtual classes like cardio, boot camps, barre and yoga



Discounts

- 20,000+ health and well-being specialists⁵
- Up to 50% off services like acupuncture, chiropractic and nutrition⁵
- Additional discounts on vitamins, exercise equipment and more⁵


Join now to redeem your free month!¹

- Go to www.blue365deals.com/fyw to get started.
- Select your preferred package and enter promo code **FYW19J** at checkout.
- Once enrolled you can take your ID number to the gym, sign the gym's waiver, get your key fob and start working out.

Always talk with your doctor before starting an exercise program.

1. Offer valid until June 30, 2022. Offer available to residents of United States who are at least 18 years old who have benefits with a participating health plan. Purchaser must provide the FYW19J promo code at sign-up to receive \$19 credit towards the first month of membership. The promotional value will be applied toward the total amount at checkout. Total amount of credit must be applied within the first month of membership. If member selects the digital-only membership, the member forfeits any remaining promotional value. Member must stay a minimum of 3 months in order to receive total savings. Member will incur a \$19 fee if membership is terminated before the 3-month minimum requirement. Additional terms, conditions and limitations apply. See Program Agreement for details.
2. Fitness Your Way enrollment fee is \$19 plus applicable sales tax.
3. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles member to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location.
4. For pricing information visit <https://fitnessyourway.tivityhealth.com/>. Limitations apply. See Program Agreement for details.
5. Tivity Health, Inc. and its affiliates do not employ, own or operate third-party service providers. Digital content providers are third party service providers. Services subject to terms and conditions of such third-party provider. Check with the provider for details.

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