



#1 Health & Fitness Platform – all in one place. Use your credits to reserve classes, activate gym memberships and gain unlimited access to the best digital fitness & wellness content.

Get Started

1. Go to: fitonhealth.com/register
2. Enter your email & choose a password
3. Verify your eligibility by entering your full legal name, birthday, and zip code.

Can't find your favorite facility? Share it with us so our team can add it.

Visit: fitonhealth.com/request

Plus so much more...



On-demand fitness and wellness classes



Nutrition programs with 500+ exclusive recipes



Step & workout challenges to help keep you motivated



Invite & workout with friends and co-workers



Get Active

After signing in, click the **Digital** tab to access unlimited on-demand workouts or tap on the **In-Person** tab to find a favorite gym or studio to select a membership or upcoming class.

For Classes or Day Passes

Choose the Date & Time for your class, select "Reserve Class" and then tap to confirm.

For Memberships

Signup for a membership by selecting "Purchase Membership", then tap to confirm.

After purchase please check your inbox for an email receipt and any additional instructions.

For Digital

Find exactly what you're in the mood for by browsing all our available options:

- **Genre:** cardio, strength, yoga, etc.
- **Length:** 5, 10, 15, 20, 30 or 45 min
- **Intensity:** low, medium or high
- **Trainer:** choose from 50+ experts
- Challenges, Experiences, and more!

Have Questions?

fitonhealth.com/help

support@fitonhealth.com

fitonhealth.com/hbg