# FITON

#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

## **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!



Step & workout challenges to help keep you motivated

Invite & workout with friends and co-workers



# **Have Questions?**

fitonhealth.com/help

support@fitonhealth.com

fitonhealth.com/members