

# One Membership. Thousands of Ways to Stay Active and Save Money.

 **12,200+ Gyms**

 **9,700+ On-Demand Videos**

 **Enroll Your Spouse<sup>2</sup>**

No annual fees or long-term contracts.  
Switch gyms anytime.



**snap<sup>24/7</sup>  
fitness**

**CHÖZE  
FITNESS**

**blink  
FITNESS**

*Curves*

**EōS  
FITNESS**

**Plus: 5,800+ Premium Gym Options** at exercise studios,  
outdoor experiences, and others with **20% – 70%**  
discounts at most locations<sup>3</sup>



**Get Started:** Log in to your Member Portal at [AvMed.org/Login](https://AvMed.org/Login) and click Health and Wellness.

<sup>1</sup> Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

<sup>2</sup> Monthly fees are subject to applicable taxes.

<sup>3</sup> Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

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