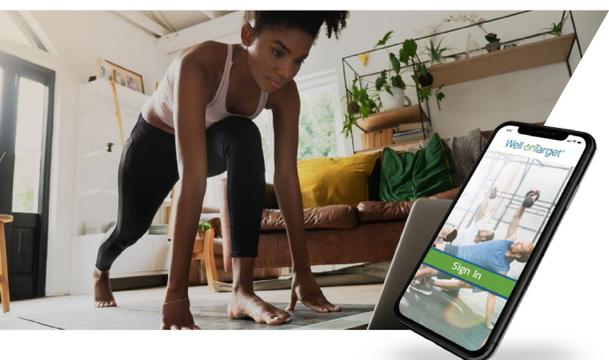


Go digital to work out anywhere



The Well onTarget® Fitness Program, offered by your health plan, now includes access to digital fitness options at no additional cost in all Base, Core, Power and Elite packages.^{1,2} There's also a new digital-only package to offer even greater flexibility.^{1,2}

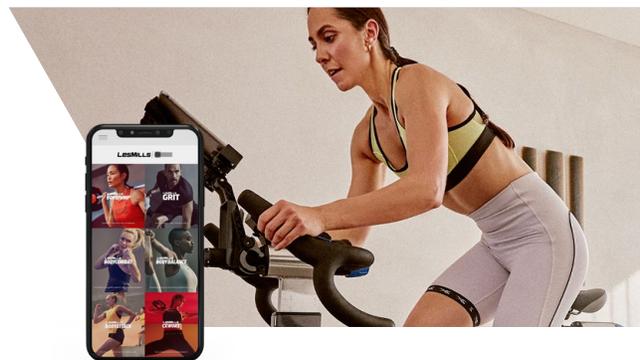


Prime Live & On-Demand workouts

Enjoy our original Prime Live workouts designed for all skill levels. With 24/7 access to On-Demand videos, and new Live classes added each week, you have the flexibility to choose when and where to work out.

LES MILLS

Get access to LES MILLS™ exclusive On-Demand workouts led by world-class instructors to motivate and push you each step of the way. Choose from full body weight workouts, martial arts inspired classes, new generation yoga, high intensity classes and so much more!



BURNALONG

Feel the burn with our digital partner, BurnAlong! You and your family can access thousands of workouts and live classes including cardio, bootcamps, barre, nutrition, yoga, and even stress management and insomnia support.

Get Workouts

Always talk with your doctor before starting an exercise program.

1. BurnAlong and Les Mills are third-party providers and are not owned or operated by Tivity Health or its affiliates. Fitness Program members must have internet service to access BurnAlong or Les Mills services. Internet service charges are responsibility of Fitness Program members.
2. Individuals must be 18 years old to purchase a membership. For more information regarding packages available and pricing please visit www.wellontarget.com. Limitations apply. See Program Agreement for details.