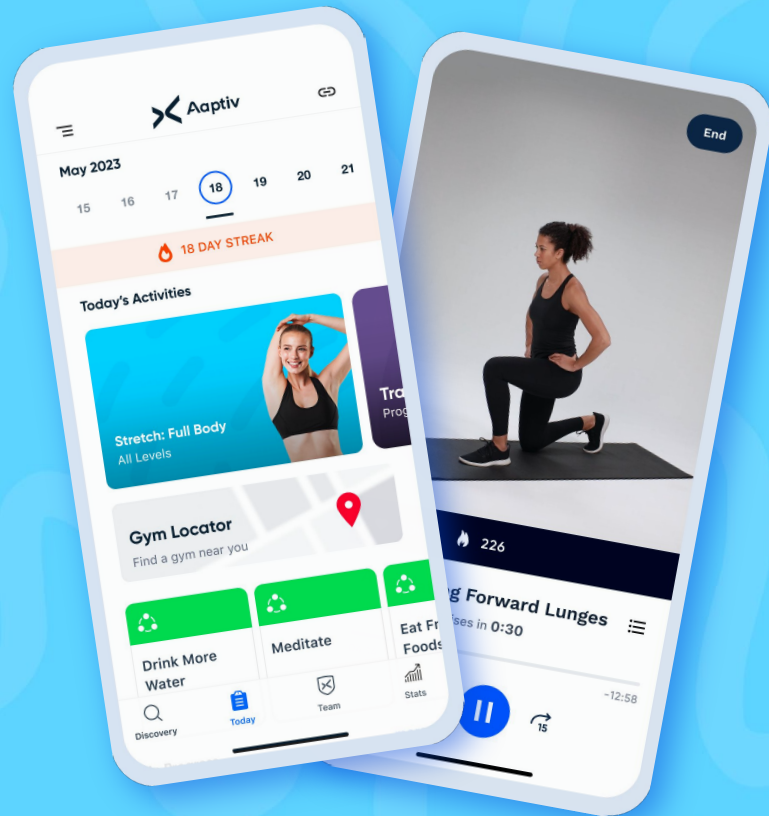




Introducing your newest wellness benefit



Meet Aaptiv

Everything you need for a healthy body and mind, all in the convenience of a single app.

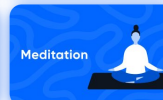
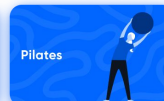
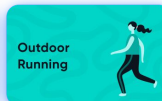
Highlights:

- AI-powered workout plans
- On-demand fitness & wellness classes
- Gym and studio network
- Multi-week goal-based programs and challenges
- Progress tracking

Explore new gyms, wherever you are



Discover your new favorite workout

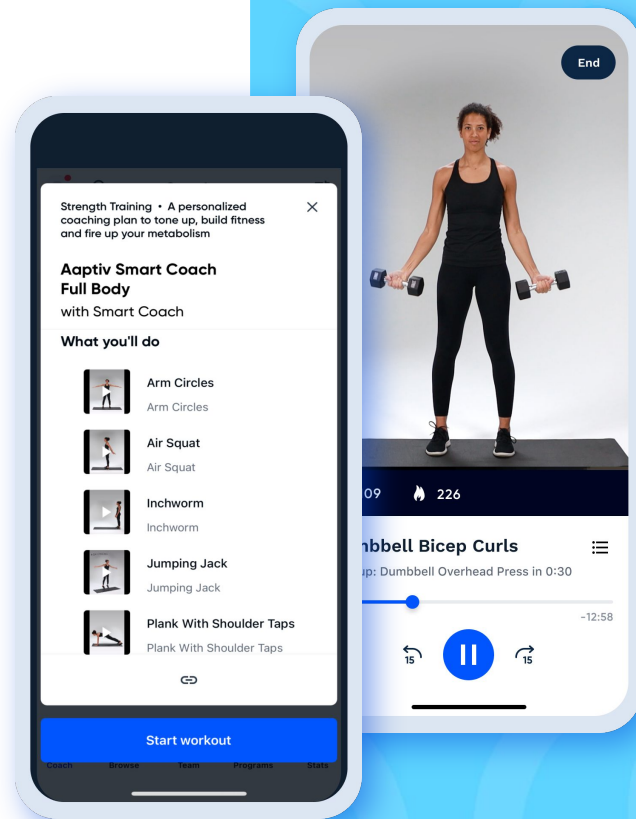


Get the benefits of personalized training

Powered by AI, Aaptiv's SmartCoach feature creates personalized workouts based on your goals and fitness level

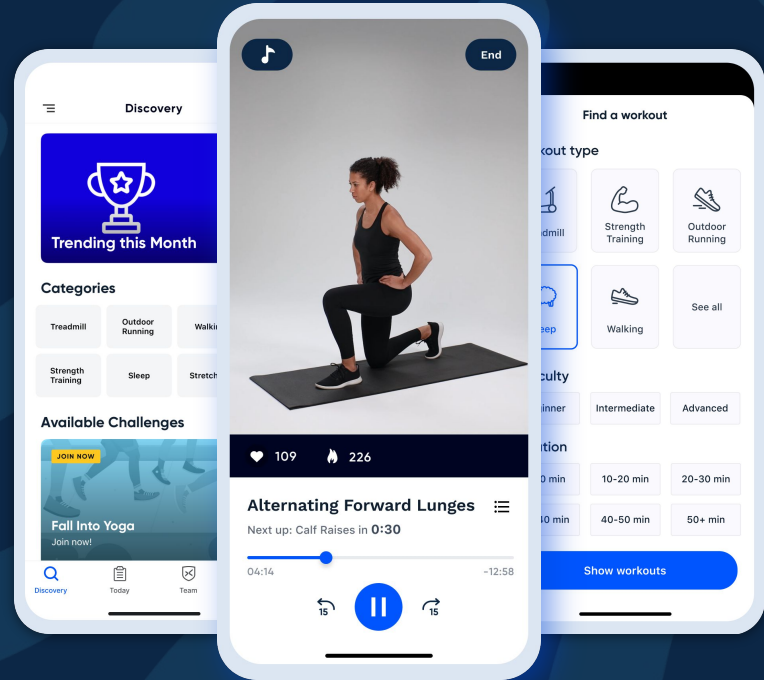
How it works:

- Complete personalized questionnaire
- Select workout days
- Complete your personalized SmartCoach generated workouts
- Crush your goals!



Discover your new favorite workout

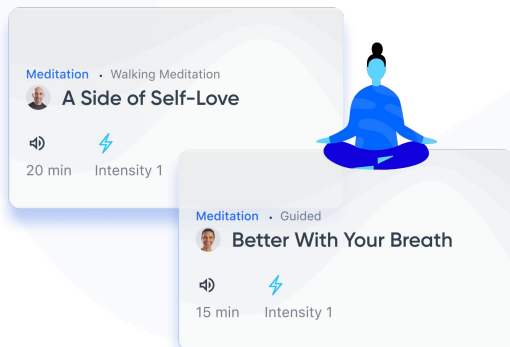
- Expert trainers guide you through every workout
- 10,000+ on-demand classes
- 16 fitness & wellness categories
- Audio & video format



Focus on your mental health and wellbeing

Mindfulness

Meditation & breath work



Recovery

Sleep, stretching, yoga



Nutrition

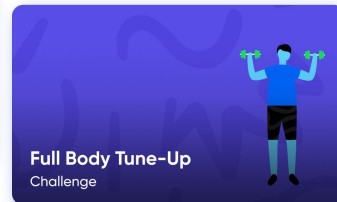
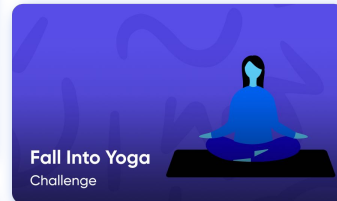
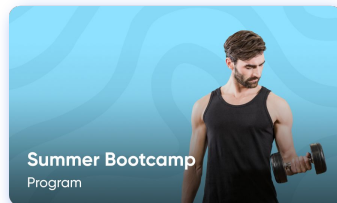
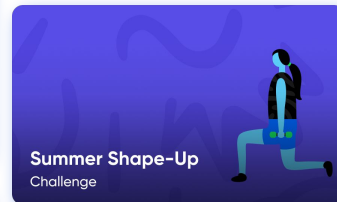
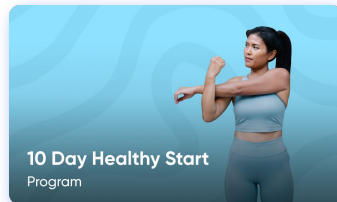
Articles, recipes, & meal guides



Hit your goals with programs & challenges



Find inspiration through programs and challenges, which consist of multi-day/week classes tailored to assist you in achieving specific goals or milestones.



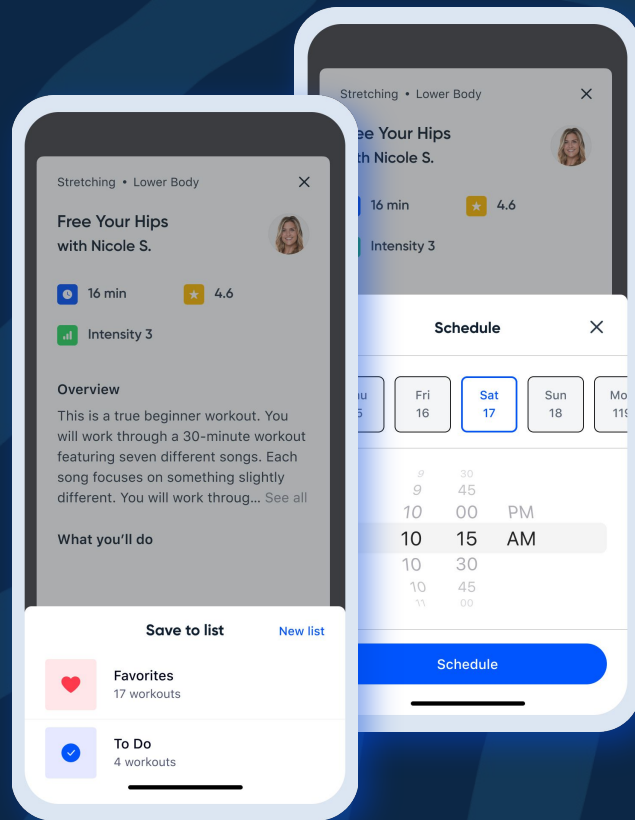
Track your progress

- Monitor your daily activities
- Collect badges
- Crush a personal record
- Pair with a smart device for biometric data tracking

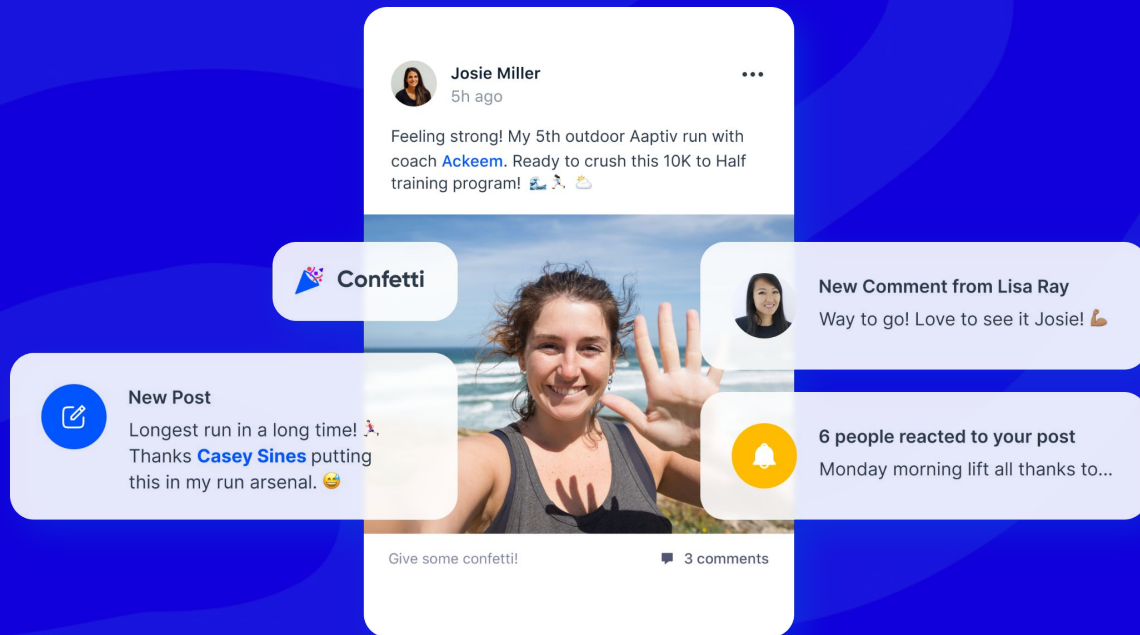


Fit Aaptiv into your daily routine

- Save and schedule classes
- Sync with your calendar



Motivate your peers in your company's social feed



Workout anytime, anywhere

- Works on smart TVs
- With or without equipment
- Audio and video classes



Upgrade to Aaptiv Access

Gain access to as many as 20,000+ gyms and studios with one monthly membership!

- Visit multiple locations at a time
- Flexible membership options to choose from and no long-term contracts
- Accessed in the Aaptiv app



Popular gyms and studios by tier

Classic

- Planet Fitness
- Anytime Fitness
- Snap Fitness
- Crunch Fitness (select locations)
- ATI Physical Therapy
- EoS Fitness
- LA Fitness
- Curves
- Gold's Gym
- Chuze Fitness
- UFC Gym
- Blink Fitness
- Esporta Fitness
- Workout Anytime
- NY Sports Club
- YMCA (select locations)

Standard

- Barre3
- CycleBar
- Row House
- O2 Fitness
- AKT
- STRIDE
- CKO Kickboxing
- Powerhouse Gym
- Boston Sports Clubs
- HOTWORX
- The Barre Code
- Camp Gladiator
- New York Sports Clubs
- OsteoStrong
- The Barre Code

Premium

- YogaSix
- Pure Barre
- Rumble Boxing
- CrossFit (select locations)
- Fit Athletic Club
- StarCycle
- YogaFit
- YTX Yoga

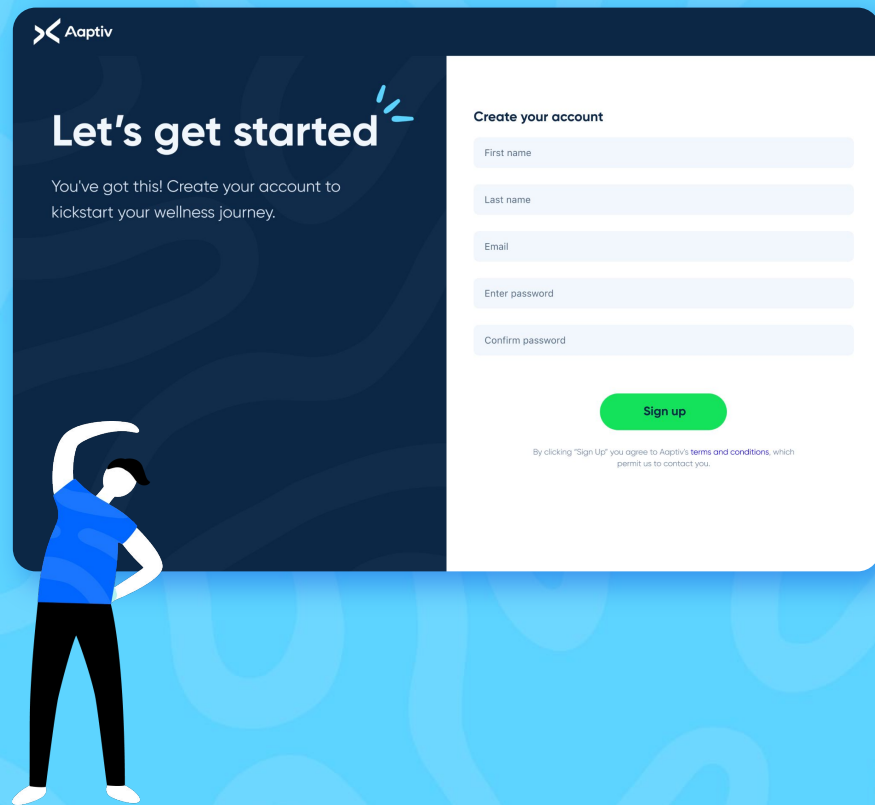
Elite

- Orangetheory
- F45
- StretchLab
- Solidcore
- Club Pilates
- TITLE Boxing Club
- The Exercise Coach
- 9Round Kickboxing
- Burn Boot Camp
- SPENGA
- CrossFit (select locations)
- Orange Shoe Personal Fitness
- Smart Fit Method
- Shred415
- The Exercise Coach

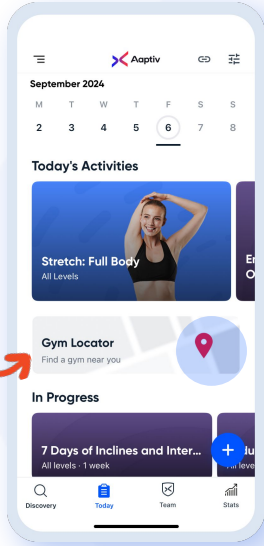
Note: Not all brands are available in all locations + some brands may appear in different membership tiers depending on location. Subject to change.

Getting started is easy

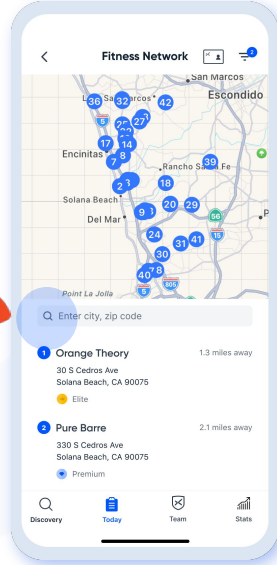
- **First:** Click the unique link shared by your HR department and follow the prompts to create an account and choose your membership
- **Then:** Download the Aaptiv app and login with your email address
- That's it! Explore all that Aaptiv has to offer



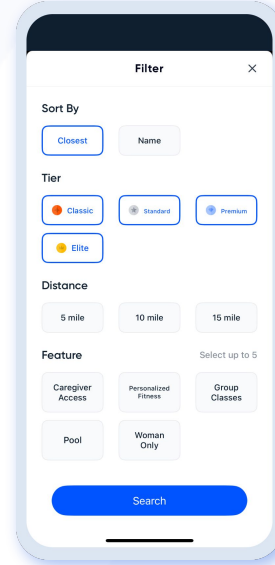
How to access the fitness network in your app



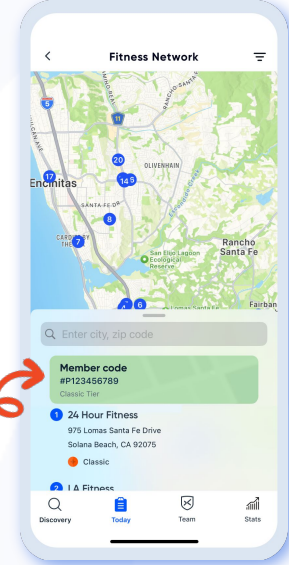
1. Click gym locator on the today screen.



2. Enter your zip code to search for nearby gyms.

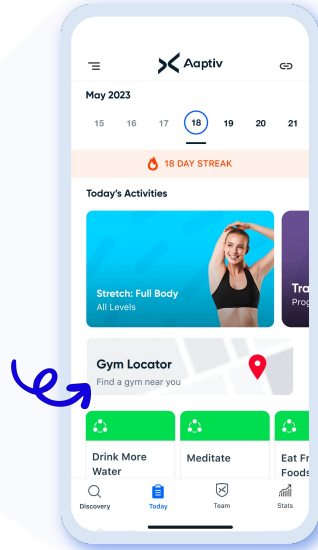


3. Optional: Filter by distance, class type, and more.

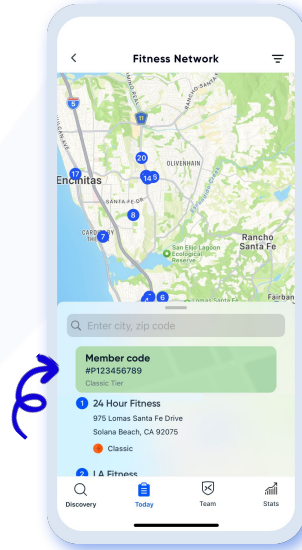


4. When visiting a gym for the first time, you'll be asked to show your member code.

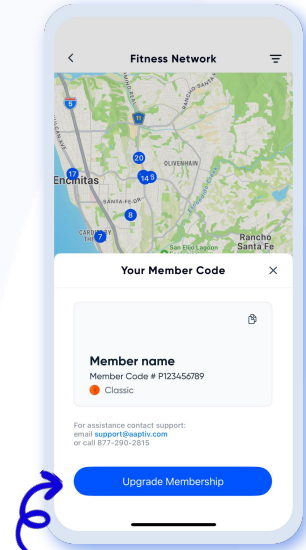
How to find your member code and upgrade



Click the gym locator on the today screen.

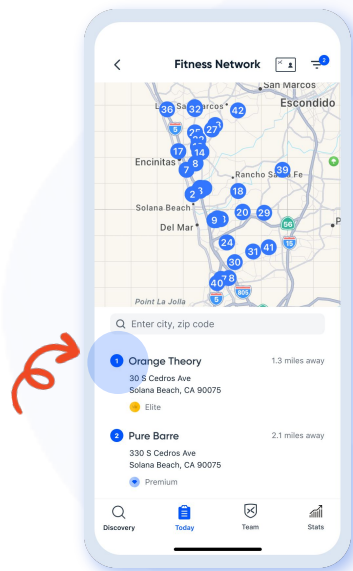


Your member code will appear on the gym locator screen. To upgrade, click into your member code.

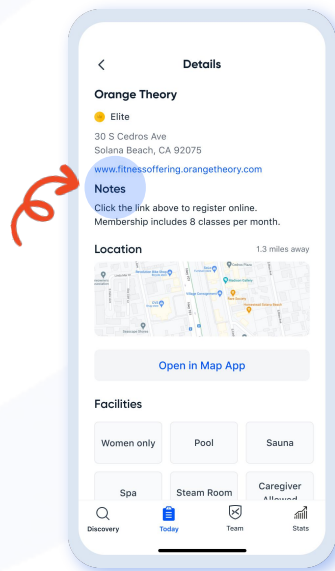


Click "upgrade membership" and follow the prompts to upgrade.

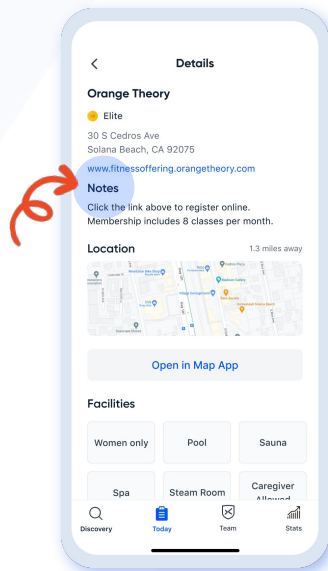
How to visit a gym for the first time



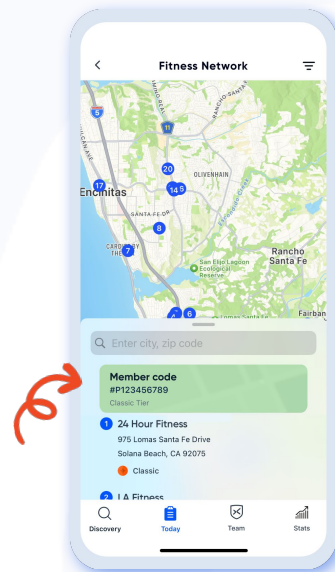
1. Click on a gym in your membership plan that you'd like to visit



2. Follow the instructions in the gym's profile in the "Notes" section. Most gyms offer online sign-up.

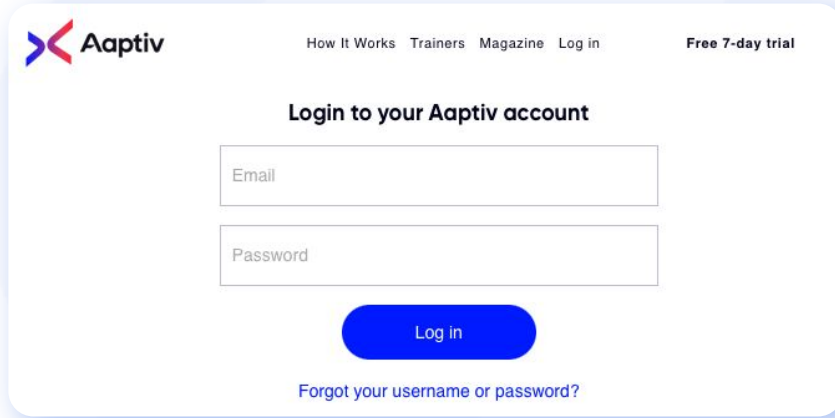


3. If the gym you selected does not have online sign-up, you'll need to sign up in-person or over the phone.



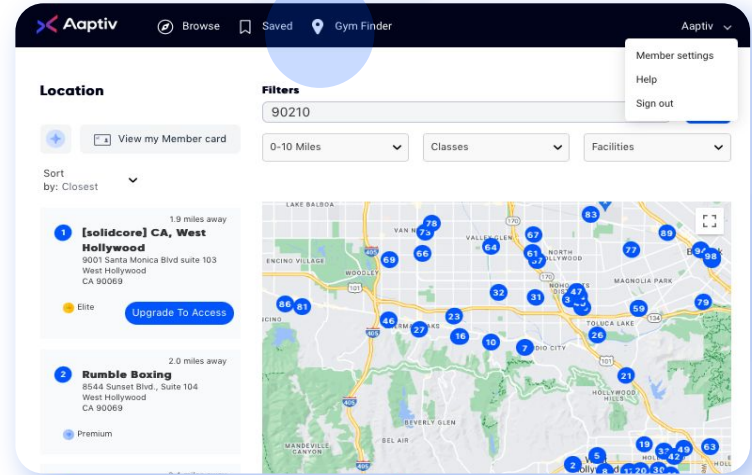
4. All gyms will require your member code during sign-up, which can be found in the app.

How to access the gym finder on the web



The image shows the Aaptiv login page. At the top left is the Aaptiv logo. To its right are links for 'How It Works', 'Trainers', 'Magazine', and 'Log in'. Further right is a 'Free 7-day trial' button. The main heading is 'Login to your Aaptiv account'. Below this are two input fields: 'Email' and 'Password'. A blue 'Log in' button is centered below the fields. At the bottom, there is a link that says 'Forgot your username or password?'.

Step 1: Login to your newly created account at www.aaptiv.com



Step 2: Click the gym finder  and browse for nearby gyms on the web!



Thank you!

Create your account today using your unique company sign-up link!

