

Discover your why

Explore new opportunities, set fresh goals and identify your core motivations for the year ahead.



Start now with Fitness Your Way[®] to get your \$0 enrollment offer!^{1,2} Learn more at bsca.fitnessyourway.tivityhealth.com and use code BSCPROMOJAN25 when you sign up.



Discover a new interest

You've heard "new year, new you!" But why not make it "new year, new opportunities." Pick something new to try this year. Whether it is a new workout, learning a new hobby, reading a new genre, traveling someplace new or anything else - explore something you haven't before.



Set your intentions for 2025

The new year is a time for new resolutions and goals. This year, start with setting an intention. These are more broad and cover multiple areas of your life. Do you want to focus more on your health this year? Set your intention, then break it down to SMART goals.



Don't forget to have fun

New beginnings are fun! Take a moment to ponder your wins from last year and build upon them. But don't forget to have fun. Your PRs in the gym don't mean as much if you're not enjoying the process. Find joy in the little things - it makes the bigger things even better.

Get started today

Fitness Your Way lets you join as many gyms as you want, wherever you live, work and play. Learn more at bsca.fitnessyourway.tivityhealth.com

- Seven gym packages, with three new options available, including studio and luxury locations, starting at \$19/month,³
- Join as many gyms as you want and get access to 13,000+ fitness locations⁴
- Digital only package also available for just \$10 a month⁵ (all digital content included with gym packages)
- On-demand videos available 24/7 and live virtual classes like cardio, bootcamps, barre, and yoga from Burnalong[®]

Scan the QR code with your smartphone to join or learn more



Always talk with your doctor before starting an exercise program.

¹ Offer valid from January 1, 2025 until January 31, 2025. Offer available to residents of the United States who are at least 18 years old and have benefits with a participating health plan. Member must provide the BSCPROMOJAN25 promo code at sign-up to receive the \$19 off waived enrollment fee. If member selects the digital only membership, they will not receive the promotional offer. Additional terms, conditions and limitations apply. See Program Agreement for details.

² Without offer, Fitness Your Way enrollment fee is \$19 plus applicable sales tax.

³ Fitness Your Way gym packages range from \$19 - \$239 per month plus applicable sales tax. For pricing information visit <http://bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details.

⁴ Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles members to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location.

⁵ The digital only package is \$10 per month plus applicable sales tax. For pricing information visit <http://bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details.

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