

## Meet Aaptiv

Personal training for every body and every goal. We're partnering with Aaptiv, a leader in digital fitness, to provide tools to help Clients and Coaches in their motion journey.

For an exclusive \$4.99 a month, you can unlock access to over 7,000 workouts across a variety of fitness categories. What are you waiting for? Let's make moves!

## How does Aaptiv work?

Whether working out at home, in the gym, or outside, Aaptiv will provide the guidance you need to make moves every day.

## What's included with my Aaptiv Membership?

With Aaptiv, there's always a new way to keep moving:

- **7,000+** on-demand workouts accessible in the award-winning app.
- **15+** class categories including running, strength training, elliptical, rowing, Pilates, yoga, sleep, meditation and more.
- **60+** individual fitness and wellness programs.
- **Global community feed** – Don't forget to share your successes and tag your workout buddies in the community feed!

## When can I sign up?

- **July 2023:** All Coaches
- **September 2023:** All Coaches and Clients

## How can I get started?

Ready to ramp up with Aaptiv?

Click on a membership plan below:

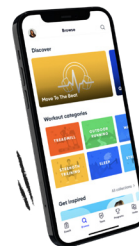
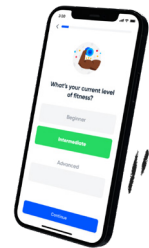
- [Monthly Subscription](#) for \$4.99 per month (\$10 discount).
- [Annual Subscription](#) for \$49.99 annually (50% savings).

Follow the prompts to download the app and create your account.

*As you begin to incorporate exercises from Aaptiv, continue to use **OPTAVIA ACTIVE EAAs** as part of your routine. If you have questions or trouble activating your account, please review the [FAQs](#) or email [support@aaptiv.com](mailto:support@aaptiv.com).*

### Ready:

Enter your goals to find programs and workouts you'll love.



### Set:

Choose a workout based on duration, trainer, music, and more.

### Go:

Put on your headphones and let our trainers guide you.

