

5 reasons to STAY ACTIVE

JUST **move**
athletic club

We hope that you are staying safe and staying fit and wanted to remind you of all the ways Just Move is committed to providing you support, motivation and inspiration to continue with your healthy habits! Take a quick look at some of the awesome benefits you can receive by keeping your membership active!

1 LES MILLS ONDEMAND

This premium paid service is our gift to you! Follow along with more than 800 different workouts from the comfort of your own home while you sweat with the industry's best!



2 JUST KEEP MOVING WORKOUT OF THE DAY

These daily workouts are hosted by your favorite trainers and instructors. Grab a water jug and follow along with these familiar faces!



3 VIRTUAL CHECK INS

Get rewards for completing and logging workouts with our virtual check in program! Earn a \$10 gift card for completing 10 workouts! Follow along with us or do your own thing...It's all good!



4 REMOTE COACHING

Our training staff is active out in the community with remote coaching or in-home training. You can request workout video recaps or movement descriptions from them at any time!



5 50% MONEY BACK

For every dollar spent during our temporary shut down, we will give you back 50% in the form of the Just Move gift card you can use on Personal Training, in the pro shop or at the Juice Bar!

