

Kaiser Gym Discount offerings

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Check out our healthy living programs, classes, and special member rates.

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Select Fitness & Exercise discounts

Fitness & exercise

Complementary care

With the ChooseHealthy® program*, you also have access to contracted fitness centers in the Active&Fit Direct network.

Fitness & exercise

Active&Fit Direct

The Active&Fit Direct program gives you access to a fitness center membership for just \$25 a month, plus a \$25 enrollment fee.* Choose from 9,000+ participating fitness centers and instructor-led classes nationwide and start exercising today.

After you sign up, you will not have to pay for an additional membership to any participating fitness center. Your credit card will be charged monthly by Active&Fit Direct and you can cancel any time after first 3 months.

Join and Get Moving

To enroll visit American Specialty Health's [ChooseHealthy](#) ⁷ site for Kaiser Permanente members. Click on any of the Active&Fit Direct information tiles to find a fitness center near you. You can also call **1-877-335-2746** to learn more.