

## Available to all Employees Prime Live Virtual Classes



Current circumstances have changed the way we conduct our lives, especially in how we are challenged to stay fit while staying at home. But even with restrictions we still have choices.

**What's new:** *Tivity Health* (who administers the *Well on Target*® Fitness program) is introducing **Prime® Live Virtual Classes**, made available through Tivity's Prime Network. Participants can enjoy a variety of live, full-length fitness classes hosted through ZOOM\* from the comfort of home and at no additional cost. **The classes are open to all employees – you don't have to be fitness program members.**

### Classes include:

- Boot Camp
- Yoga
- Dance
- Strength training
- Cardio-interval workouts and more


**How does it work?** These classes are completely free. The interactive sessions employ a fitness instructor who leads each class through a live video platform.

**It's easy to register.** Participants go to this [registration link](#) and provide their name and email address. Once enrolled, they can RSVP for classes of interest and will receive an email confirmation with a ZOOM link to access the class shortly after registering.

Although we don't yet know when social distancing will end, it is still possible to stay healthy.

*The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.*

*Zoom is a third-party provider and is not owned or operated by Tivity Health or its affiliates. Users who access Prime Live Virtual classes are subject to Zoom's terms and Conditions. Users must have internet service to access Prime Live Virtual classes. Internet service charges are the responsibility of the users.*

 By clicking this link, you will go to a new website/app ("site"). This new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. In addition, some sites may require you to agree to their terms of use and privacy policy.