

Each week brings endless possibilities.

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Here is just a sample of how you can benefit every day:



Monday

Sign up for Wellhub and choose a plan. Head to your nearest gym or studio and check-in for the first time (go you!). Or, get started from home with a virtual private session.



Tuesday

It's time to try that activity you've always wanted to do. Pilates? Boot Camp? Trampoline cardio? You've got lots of choices!



Wednesday

Give your body and mind some much-needed R&R with a meditation session.



Thursday

Office day? Find a gym or studio nearby and fit in a workout before or after work, or even at lunchtime.



Friday

Log an online yoga session and stay active conveniently at home.



Saturday

Ready to dust off your dancing shoes or try a new sport? Find a local studio and enroll in a class to get moving.



Sunday

Meal prep for the week with healthy options using one of the outstanding nutrition apps.

All of this - and much more - is available to you through your Wellhub membership.

Enjoy wellbeing your way.

Get started today!



Download the Wellhub app.



Create your free account



Choose the plan that best fits you



Scan the QR code to get start today!