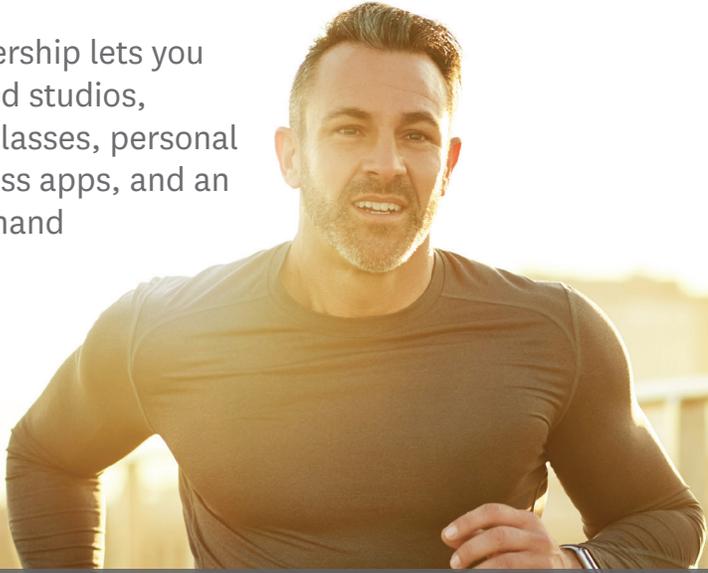


A single membership lets you access gyms and studios, live-streamed classes, personal training, wellness apps, and an array of on-demand fitness content.



Gyms/Studios

10,000+ gyms and studios available across hundreds of cities—including Crunch, Barry's BootCamp, and Soul Cycle.



Live Classes

Go to the live class section and browse through available classes, gyms, and activities.



Wellness Apps

Filter through the list of partner apps—including Lifesum (Nutrition), Strava (Run Tracking), Calm (Meditation), iFeel (Therapy), and more!



1:1 Personal Training

Explore virtual personal training options for a variety of activities such as yoga, HIIT, nutrition, and more!

Choose your plan up to 70% off!

Plan	Normal price per month	You pay per month plus tax
Starter	\$40	\$11.99
Basic	\$70	\$30.99
Bronze	\$100	\$55.99
Silver	\$150	\$89.99
Gold	\$250	\$159.99
Platinum	\$350	\$239.99
Diamond	\$450	\$279.99

No lock-ins. Cancel your membership right in your app.

Gympass

Visit help.gympass.com to find answers to FAQs or chat with a Gympass representative.

Three steps to get started:

1

Register

Create your free account

Sign up with your primary work email address on the Gympass App or at gympass.com/us/usc-us. You will also need your 7-digit employee ID number.

2

Choose your plan

Find gyms and wellness partners

Select the plan that includes the options of interest to you. Once activated, the gyms and partners available to you will be displayed when you are logged in.

3

Start using Gympass

Begin exploring the available wellness options

Access gyms and studios, sign up for a live class, download a wellness app, or book your first 1:1 virtual personal training session.

You can choose a different workout, location, or digital offering every day!

How do I sign up my dependents?

Once you enroll and activate your plan, click **Add a Dependent** on your homepage. Enter their information, and they will receive a welcome email from Gympass.

My favorite gym isn't part of the network. Can you add it?

We take referrals! Our Gym Partnerships team is constantly working to grow our network. Submit your referral via your Gympass account by clicking on **Profile** and then **Refer a gym**. Fill out the required fields, and we will update you if it's added to our network.

How do I change or cancel my plan? Is there a charge?

There is no enrollment fee or minimum contract length. You can make changes to your plan at any time by logging into your account and following these easy steps: select **Profile > Plan Management > Change, Pause or Cancel Plan**. If you need assistance or have questions, visit the Help Center within the app to chat with a Gympass representative. The active plan at the time of cancellation will continue through the end of the monthly billing cycle.

What gyms/studios are near me?

Head to digital.gympass.com/usactivation to find the facilities near you available in each Gympass plan.

