

demandFITNESS is a new and innovative approach to health and fitness. We use the power of the Internet to deliver professionally designed fitness classes to you on an anytime/anywhere basis. With over 120 classes to choose from (and more being added every week) we truly are an ‘Online Fitness Center’. By making these classes available to you on an ‘on-demand’ basis, we are able to adapt to today’s busy lifestyle.

How it Works

demandFITNESS works with professional instructors to develop a comprehensive range of classes – everything from traditional classes (e.g. yoga & pilates) to strength classes (e.g. abs, athletic conditioning) to specialty classes (e.g. heavyweight series, pre/post natal series, senior fitness). More importantly, we add new classes every week to keep the content fresh and interesting.

These classes are posted on the *demandFITNESS* website where they are available for viewing on a 7 x 24 basis. Take as many classes as you’d like, whenever you’d like. All you need is your email address and a password and you will have full & unlimited access to our entire library. Our only requirement is that you have broadband Internet access (e.g. DSL, cable modem) from wherever you are viewing the classes.

Getting Started

demandFITNESS offers a variety of plans to suit your needs. All of our plans offer you **unlimited access** to ALL our fitness classes and educational content. You will also have access to the Fitness Tracker and the Personalized Assessment areas. You can also be assured that there are no other hidden charges – no initiation fees, no card fees, no EFT fees, etc. You are also free to cancel at any time!

State of Colorado employees receive 20% discount off any of our monthly, 3-month, 6-month, or yearly plans. The prices for these plans are as follows:

| <u>Plan</u> | <u>Standard Rate</u> | <u>Your Rate</u> | |
|-------------|----------------------|------------------|---------------------------|
| Monthly | \$14.99 | \$11.99 | |
| 3-Month | \$34.99 | \$27.99 | (\$9.33/month equivalent) |
| 6-Month | \$59.99 | \$47.99 | (\$7.99/month equivalent) |
| Yearly | \$99.99 | \$79.99 | (\$6.66/month equivalent) |

To take advantage of any of these plans, all you need to do is to click on the “ORDER NOW” button anywhere on the *demandFITNESS* website, follow the instructions during the checkout process, and input the following discount code: ‘**CY6M9CE**’. Your discount will then be automatically deducted from the subscription price. That’s it!

If you have any questions, please do one of the following:

- Visit us at www.demandfitness.com and see our Frequently Asked Question area
- Use our Live Chat feature on our website to chat with one of our representatives
- Send an email to us at contact@demandfitness.com.