

ENGAGEMENT + WELLBEING SOLUTION

# CULTIVATE A CULTURE OF HEALTHY PEOPLE



FITNESS



MINDFUL LIVING



WEIGHT MANAGEMENT



TARGETED CONDITIONS



NUTRITION

## Our Unique Approach to Wellbeing

### INCLUSIVITY, SOCIAL CONNECTION, PERSONALIZATION

- Four complimentary digital accounts for family & friends
- Three live online events per month hosted by top instructors
- Custom curated virtual and onsite events: “Wellness Days”
- Enrollment to engagement support through a gamified platform experience

[VIEW MENTAL HEALTH TOOLKIT](#)

## 10,000+ GYMS NATIONWIDE

- ✓ **Best-in-Class Network<sup>1</sup>**  
Unlimited visits to any of the participating fitness locations. Includes amenities that are part of the basic gym membership.
- ✓ **Commitment Free**  
No sign up, cancellation fees or long-term commitments. Upgrade/cancel anytime via the app.

[VIEW LOCATIONS IN YOUR AREA](#)

## 50,000+ ONLINE CLASSES

- ✓ 50,000+ live and on-demand classes across 70 categories. 100's of trending classes added weekly.
- ✓ 100+ guided programs: Parkinson's, Chronic Conditions, MSK, Cardiovascular, Women's Health.

[WATCH SAMPLE CLASSES](#)

The Burnalong Difference

**59%**  
first wellness program they've ever used

**41%**  
take non-traditional fitness classes

**36%**  
identify as beginners

**91%**  
class variety is exceptionally valuable