One Pass Select™

One Pass Select is a subscription-based fitness and well-being program that supports a healthier lifestyle. Employees can have access to thousands of gyms and online classes with:

- ✓ No long-term contracts or annual gym registration fees
- ✓ Flexible fitness options and the ability to use locations nationwide (not limited to 1 gym)
- ✓ The ability to add family members (ages 18+) at a 10% monthly discount
- ✓ The option to change tiers monthly
- ✓ A grocery delivery subscription and additional member perks





Being healthy shouldn't be a grind. It should involve trying new things, exploring new foods and pushing yourself to be slightly better than you were the day before. Get everything you need for whole body health in one easy, affordable plan

In the kitchen

We make it easy to plan for everything you need to enjoy healthy, delicious, nutritious meals. Get access to home grocery delivery to make it even more convenient to become a better you. Get groceries and household essentials delivered to your home.

At home

Work out at home with live or on-demand online fitness classes. Try our workout builder to get routines created just for you, no matter what your fitness level and interests.