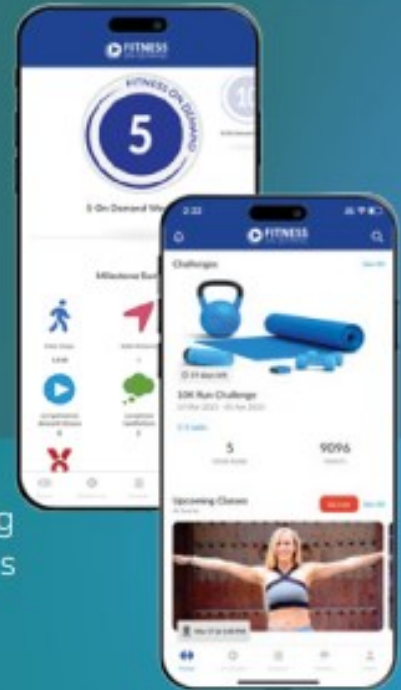




\$10 VIRTUAL FITNESS PROGRAM

The Wellness Center is partnering with Fitness On Demand to offer you even more options to get fit and stay healthy all through the summer.

Reach out to WellnessServiceMacon@AtriumHealth.org requesting an invite to the Flex App to access hundreds of premium fitness videos, wellness content, group challenges and more on your personal device from anywhere!



Bring your device to any cardio machine for an engaging guided workout



Cool down with a guided stretch after your workout



Browse and stream our entire library of on-demand content directly on your personal device

GET STARTED

1



Request invite, email WellnessServiceMacon@AtriumHealth.org

2



Enter the requested information

3



Check your email for the Flex invite

4



Click the link to confirm your account

Have questions? Email: WellnessServiceMacon@AtriumHealth.org