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Our digital fitness video library offers you flexible options for adding fitness instruction into your day. For as little as \$15 per month, you can have on-demand access to a wide variety of workout routines – and you can cancel at any time. Choose from a set of cardio workout routines, strength training routines, or mind/ body wellness routines, or take advantage of the discounted package option and subscribe to all three categories! Scroll through video options and create your own customized viewing list. You can access the videos anytime on the go from a computer or mobile device with an Internet connection.

To get started or just review options, go to FortHealthCare.com/OnDemand and follow the instructions to create an account.



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