

Membership FAQs

How much does it cost to join?

Employees receive 50% off the enrollment fee and pay no annual enhancement fee. Dues are \$15 bi-weekly for a membership that includes access to all sites plus access to FX Well Digital Fitness App and all virtual classes. Dues are \$7.00 bi-weekly for a membership to access only the FX Well Digital Fitness App and all virtual classes.

What payment methods are accepted?

Memberships can be paid through the employee's paycheck via payroll deduction or with any major credit card.

Are all of these locations open to the public?

Yes

Can my family members join at the same rate?

Yes, immediate family members and members of the same household qualify for the same pricing: \$15 bi-weekly for onsite/virtual access or \$7.00 bi-weekly for virtual-only access per family member. Dues must be paid in the same manner as the primary employee member. The minimum age to join is 16-years old with a signed waiver form from the employee parent.

What are the contract terms of the memberships?

Contracts are month-to-month with no early termination fees.

Can I go to any of the fitness centers once I join?

Yes, after you sign up through your selected "home" center, if you select the \$15 bi-weekly membership you will have unlimited, universal access to these participating Texas Health Fitness Centers powered by FX Well.

- Texas Health Dallas Fitness Center
- Texas Health Fort Worth Fitness Center
- Texas Health HEB Fitness Center
- Texas Health Arlington Memorial Fitness Center
- Texas Health Southwest Fitness Center
- Texas Health Prosper Fitness Center
- Texas Health Burleson Fitness Center
- Texas Health Willow Park Fitness Center
- Texas Health Arlington Headquarters Fitness Center (*currently closed*)

How do I access the fitness centers?

Members will be required to download the ASF Self Check-In mobile app to access a mobile barcode. There is no need for a physical key tag to access our fitness centers. Simply scan the mobile barcode from your phone upon entry to any of the participating centers for access.

What are the hours, classes and amenities for locations powered by FX Well?

Hours, classes and amenities vary by location. Call a Fitness Center to find out more information.

What classes are offered? Are they included with membership?

We offer over 125 classes a week across our participating locations both in person and virtually. All onsite group exercise classes are included with the \$15 bi-weekly membership plus access to the FX Well Digital Fitness app and all virtual fitness classes. \$7.00 bi-weekly memberships include access to the FX Well Digital Fitness app and all virtual fitness classes.

How do I register for an onsite group exercise class?

You can register for all group exercise classes (in person and virtual) via the ASF Self Check-In mobile app. If you are unable to make a class, you can cancel your registration from the app as well.

How do I access the FX Well Digital Fitness App? Is it the same as ASF app?

The digital fitness app is a separate app from the ASF app. Once your membership is activated, you will receive an email with an activation code and instructions on how to access the FX Well Digital Fitness app.

What personal training options are available?

All new \$15 bi-weekly members receive a free 60-minute fitness assessment with a personal trainer. One-on-one personal training and small group training is offered in 30 and 60-minute increments. Training is custom designed based on individual goals. Visit or call the location most convenient for you to learn more about personal training and pricing.

Do the fitness centers have showers and locker rooms available?

Yes, all locations have locker rooms with showers that are stocked with shampoo, conditioner and body wash. Lockers are available for day use or members can rent a locker monthly.

Do you provide towels?

At this time, towel service is not offered, and members are required to bring their own towels.

Do any of the fitness centers have basketball courts or swimming pools?

Yes, our Dallas and Burleson Fitness Centers have swimming pools that offer lap swim and aquatic classes. Our Dallas fitness center also has a basketball court and an indoor track. All of these amenities are included in your membership.

What is your cancellation policy?

To cancel your membership, contact your home location for the membership modification/cancellation form and follow the cancellation policies outlined in your membership agreement and on the membership modification/cancellation form to successfully cancel your membership.