

MEMBER BENEFITS

FOR PEOPLE 60 AND BETTER TO BE THEIR BEST



VITALITY
SOCIETY™

"A game-changer for mental
and physical health."

"My lifeline."

"A portal of community
and opportunity."



COMMUNITY

Be part of a committed and vibrant group whose members motivate each other to maximize their physical and mental well-being.



CONTENT

Nearly 20 live on zoom fitness, wellness and enrichment classes each week spanning multiple intensity levels. Class recordings also available.



COACHES

5 out of 5-star rated coaches with decades of experience to provide an optimal challenge and sufficient support.



CONCIERGE

Daily reminders and ongoing assistance to facilitate and optimize the experience every step of the way.

Register and get a complimentary month at bit.ly/vsimc1