

Gympass



What is Gympass?

Gympass is a corporate wellness platform that connects you to thousands of **fitness & wellness partners**, all with one simple monthly membership. Get inspired by activities that make you feel good – from workouts to therapy, and everything in between.

[Sign up for free to explore plans](#)

What can you do with a Gympass plan?



Virtual Personal Training

1:1 sessions with a certified personal trainer to help you optimize your fitness routine, improve your form, and give you extra motivation for activities from yoga to strength training. Gympass plans come with 8 sessions per month.



In-Person Workouts

Attend your favorite gyms and classes once per day with a Gympass check-in. From boutique studios to full-service gyms, you'll get access to thousands of partners – the choice is yours.



Gympass Wellness

All Gympass plans give you unlimited access to a selection of lifestyle apps, offering everything from on-demand workouts to meal planning, 1:1 mental health therapy, and meditation.



Live Classes

Connect with your favorite gyms and studios from the comfort of home with live-streamed classes you can enjoy wherever you are.

[Start your 7-day free trial](#)