iFIT

Explore breakthrough fitness that redefines what it means to work out.

TRANSPORTIVE EXPERIENCES

Biking the Alps, summiting Mount Fuji—iFIT Global Workouts let you work out all over world

TOUCHLESS TRAINING

Trainers remotely adjust equipment conditions like incline and resistance during live classes.

LIVE CLASSES

Engage in electric group classes that simulate the atmosphere of an in-person studio class.

MASTER TRAINERS

Train alongside a team of professional trainers, including elite athletes.

NON-CONNECTED WORKOUTS

Experience equipment-free workouts like yoga, bodyweight classes, meditation, and more.

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Fitness as usual? Far from it.

Did you know there's even more to experience on **Freemotion** cardio machines?

With an **iFIT** membership, you can access thousands of on-demand workouts that unlock the next level of power.

To obtain an **iFIT** membership, head to the William Vale online shop to purchase your wellness bag.

Then, collect your new swag at the front desk; your **iFIT** activation card, good for **1 free month of iFIT**, will be inside.

Scan the QR code to download the iFIT app.