

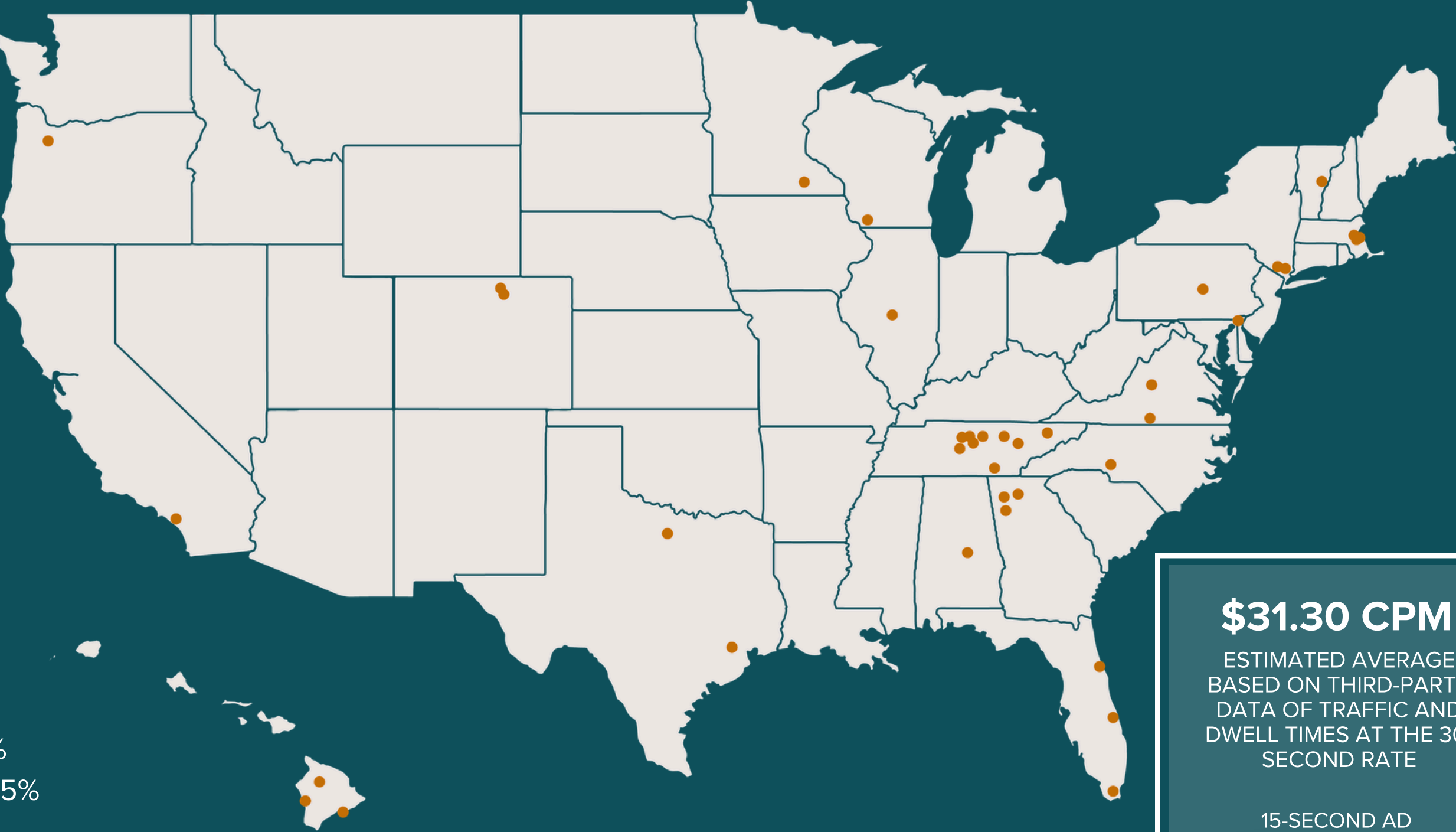


DRS Health & Fitness Network Overview

DRS DISPLAY NETWORK



5 Bridges serves a highly engaged community of wellness-focused adults who prioritize consistent fitness and healthy living. With a strong population of active, lifestyle-driven members, the club offers brands reliable visibility among consumers with stable spending power and a commitment to maintaining an active lifestyle.



185,000+
ACTIVE MEMBERS

71 MINUTE
DWELL TIME

818,000+
AVERAGE MONTHLY VISITS

261 SCREENS
AVG. 979 PLAYS PER DAY, PER SCREEN

Young Professionals (25–34): 19%
Prime Earners (35–54): 30%
Active Adults 55+: 25%

Male: 55%
Female: 45%

Average HHI: \$146.6k
62% Have a College Degree

\$31.30 CPM
ESTIMATED AVERAGE BASED ON THIRD-PARTY DATA OF TRAFFIC AND DWELL TIMES AT THE 30-SECOND RATE

15-SECOND AD
\$9300/MONTH

30-SECOND AD
\$13600/MONTH

5 BRIDGES

5 Bridges serves a highly engaged community of wellness-focused adults who prioritize consistent fitness and healthy living. With a strong population of active, lifestyle-driven members, the club offers brands reliable visibility among consumers with stable spending power and a commitment to maintaining an active lifestyle.

5 BRIDGES HEALTH & WELLNESS

4450 OAKHURST BLVD, HARRISBURG, PA 17110

6,150+
ACTIVE MEMBERS

77 MINUTE
DWELL TIME

15,200
AVERAGE MONTHLY
VISITS

4 SCREENS
AVG. 40 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 18%

Male: 49%

Prime Earners (35–54): 22%

Female: 51%

Active Adults 55+: 52%

Average HHI: \$135.6k

61% Have a College Education



\$24.86 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$100/MONTH

30-SECOND AD
\$200/MONTH

SPONSORED CONTENT
\$75/MONTH

5 BRIDGES



CLUB FIT

Club Fit caters to one of New York City's most affluent suburban communities, offering an elevated environment where well-to-do members maintain a healthy lifestyle amid demanding schedules. With a membership base of young families and active empty-nesters, your brand is showcased to health-conscious adults with significant disposable income.

BRIARCLIFF

584 N STATE RD, BRIARCLIFF, NY, 10510

4,800+
ACTIVE MEMBERS

86 MINUTE
DWELL TIME

46,650
AVERAGE MONTHLY
VISITS

7 SCREENS
AVG. 48 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 8%

Male: 47%

Prime Earners (35–54): 23%

Female: 53%

Active Adults 55+: 30%

Average HHI: \$206.8k

64% Have a College Education



\$18.11 CPM

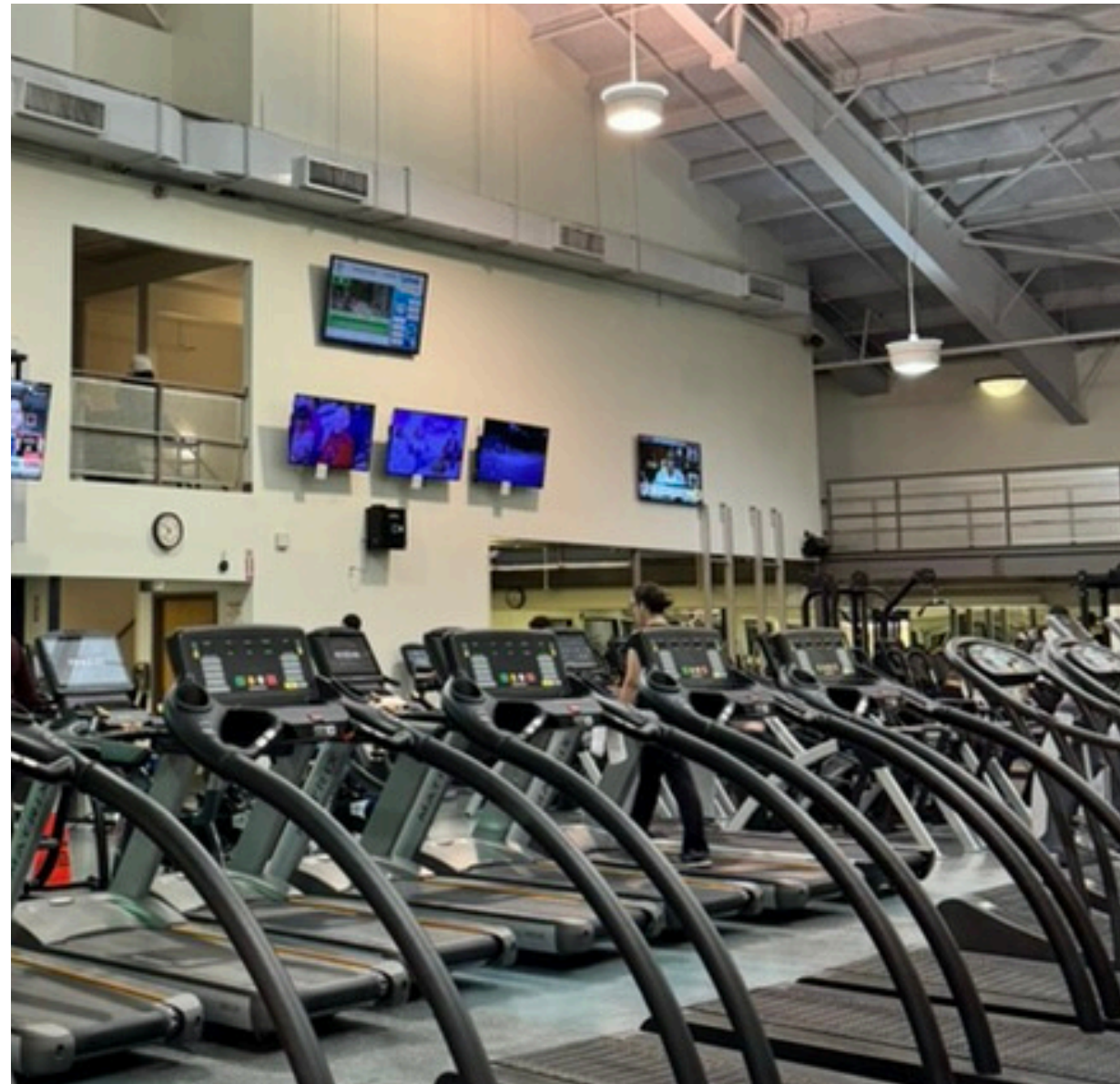
ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$300/MONTH

30-SECOND AD
\$500/MONTH

SPONSORED CONTENT
\$200/MONTH

CLUB FIT BRIARCLIFF



CLUB FIT

Club Fit caters to one of New York City's most affluent suburban communities, offering an elevated environment where well-to-do members maintain a healthy lifestyle amid demanding schedules. With a membership base of young families and active empty-nesters, your brand is showcased to health-conscious adults with significant disposable income.

JEFFERSON VALLEY

600 BANK RD, JEFFERSON VALLEY, NY, 10535

3,400+
ACTIVE MEMBERS

86 MINUTE
DWEELL TIME

29,300
AVERAGE MONTHLY
VISITS

8 SCREENS
AVG. 48 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 8%

Male: 49%

Prime Earners (35–54): 21%

Female: 51%

Active Adults 55+: 31%

Average HHI: \$179.8k

60% Have a College Education



\$17.32 CPM

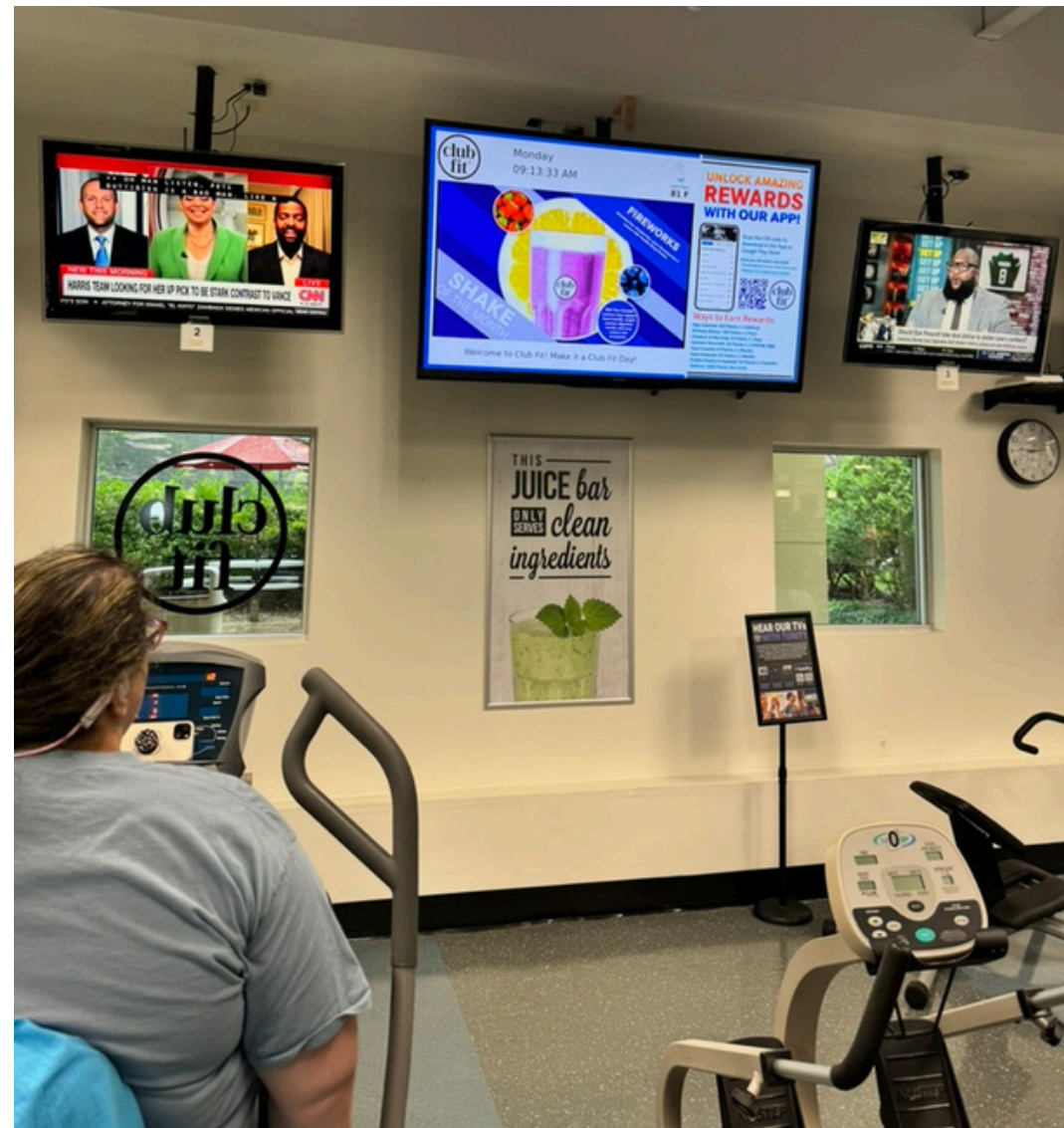
ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWEELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$200/MONTH

30-SECOND AD
\$300/MONTH

SPONSORED CONTENT
\$100/MONTH

CLUB FIT JEFFERSON VALLEY



CORPUS CHRISTI ATHLETIC CLUB

Corpus Christi Athletic Club is the premier fitness and lifestyle hub in South Texas, attracting an affluent, health-focused, multi-generational audience that spends meaningful time onsite. Advertisers gain high visibility and strong message recall in a trusted, community-driven environment where attention is naturally engaged.

2101 AIRLINE ROAD, CORPUS CHRISTI, TX 78414

13,000+
ACTIVE MEMBERS

84 MINUTE
DWELL TIME

45,175
AVERAGE MONTHLY
VISITS

14 SCREENS
AVG. 48 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 13%
Prime Earners (35–54): 31%
Active Adults 55+: 20%

Male: 48%
Female: 52%

Average HHI: \$123.9k
49% Have a College Education



CORPUS CHRISTI
ATHLETIC CLUB



\$23.00 CPM

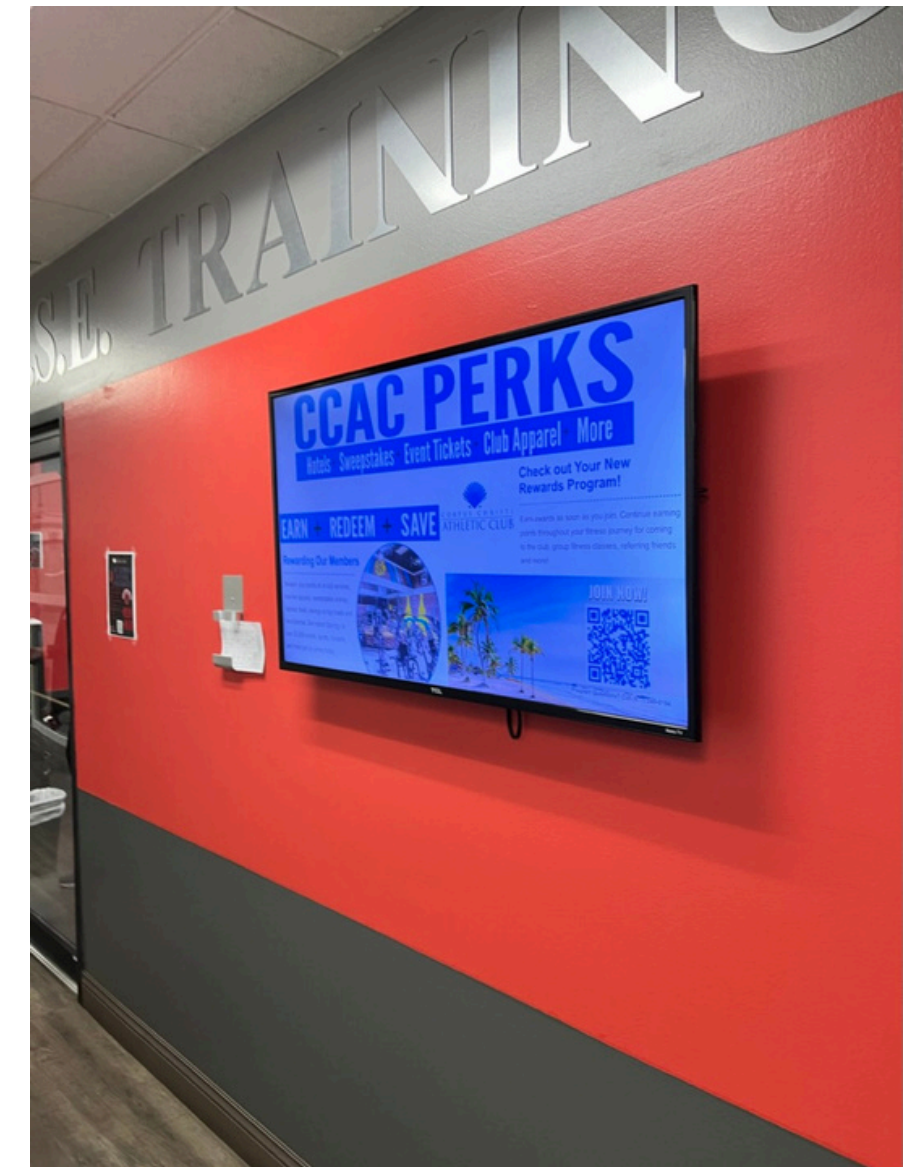
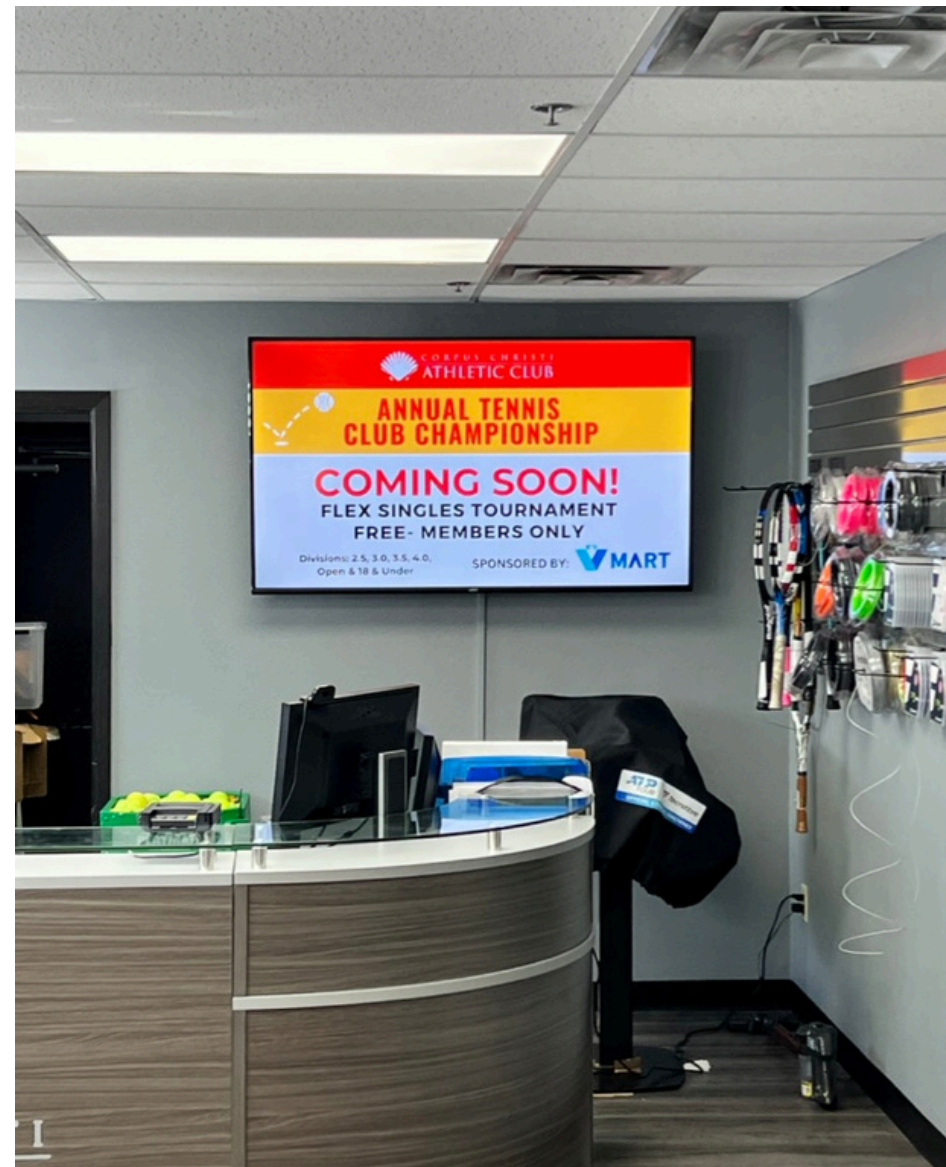
ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$400/MONTH

30-SECOND AD
\$600/MONTH

SPONSORED CONTENT
\$300/MONTH

CORPUS CHRISTI ATHLETIC CLUB



DENVER HEALTH AND FITNESS (NORTH AND SOUTH)

Denver Health & Fitness is a full-service, community-driven gym in Denver, North Carolina, operating two expansive locations—DHF North and DHF South—with a combined 100,000 square feet of fitness space. The club offers 24/7 access, large strength and cardio floors, indoor and outdoor turf areas, cycle studios, a CrossFit zone, and a deep slate of live and virtual group classes led by expert coaches. Beyond training, members enjoy racquetball, pickleball, and basketball courts, a Kid Zone for families, and recovery-focused amenities like sauna, steam, and Hydromassage. Known for its “fitness family” culture, DHF emphasizes strong programs, supportive people, and a welcoming community where members of all levels train, connect, and thrive together.

3273 N NC 16 BUSINESS HWY, DENVER, NC 28037

364 NC-16 BUS, DENVER, NC 28037*

17,000+
ACTIVE MEMBERS

79 MINUTE
DWELL TIME

45,175*
AVERAGE MONTHLY
VISITS

13 SCREENS
AVG. 72 PLAYS PER
DAY, PER SCREEN

Average HHI: \$158k
61% Have a College Education

Male: 55%
Female: 45%

**South is brand new and third-party data has not updated yet.*



DENVER^{24/7}
HEALTH & FITNESS

\$56.29 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$300/MONTH

30-SECOND AD
\$400/MONTH

SPONSORED CONTENT
\$200/MONTH

FIT FACTORY BOSTON

Fit Factory, with 5 locations in Massachusetts, serves a diverse membership base including families and professionals. The club offers modern fitness equipment, group fitness classes, and amenities such as saunas, childcare, and cafes. Popular services include personal training and wellness programs.

46 HIGHLAND COMMON E, HUDSON, MA 01749
288 WOOD RD SUITE 100,, BRAINTREE, MA 2184
10 FOXBOROUGH BLVD, FOXBORO, MA 2035
101 KINGSTON COLLECTION WAY, KINGSTON, MA 2364
473 E WASHINGTON ST, N. ATTLEBORO, MA 2760

19,000+
ACTIVE MEMBERS

76 MINUTE
DWELL TIME

109,250
AVERAGE MONTHLY
VISITS

23 SCREENS
AVG. 49 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 31% Male: 58%
Prime Earners (35–54): 28% Female: 42%
Active Adults 55+: 15%

Average HHI: \$136.3K
58% Have a College Education



FIT FACTORY

\$26.40 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$1000/MONTH

30-SECOND AD
\$1500/MONTH

SPONSORED CONTENT
\$500/MONTH

FIT FACTORY BOSTON



FIT FACTORY



FITNESS FOREVER

With three locations across Hawaii's Big Island, Fitness Forever reaches a loyal, health-conscious audience with strong on-site dwell time and frequent repeat visits. Advertisers gain exposure in a trusted wellness environment where brands become part of members' everyday routines, driving meaningful and memorable engagement.

75-5597 PALANI RD, KAILUA-KONA, HI 96740

68-1820 WAIKOLOA RD #601, WAIKOLOA, HI 96738

15-2714 PAHOA VILLAGE RD SUTE K2, PĀHOA, HI 96778

3,400+
ACTIVE MEMBERS

79 MINUTE
DWELL TIME

19,775
AVERAGE MONTHLY
VISITS

6 SCREENS
AVG. 53 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 19%

Male: 56%

Prime Earners (35–54): 33%

Female: 44%

Active Adults 55+: 32%

Average HHI: \$92.6k

39% Have a College Education



\$27.93 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$225/MONTH

30-SECOND AD
\$300/MONTH

SPONSORED CONTENT
\$150/MONTH

FITNESS FOREVER



HOCKESSIN ATHLETIC CLUB

Hockessin Athletic Club is Delaware's premier family-focused fitness destination, built on a mission to enhance lives and create real community. Set on a spacious 11.6-acre campus, the 109,000-square-foot club offers a world-class gym experience with extensive cardio and strength areas, functional turf training, more than 200 group and aqua classes weekly, and a standout five-pool aquatic complex. Beyond adult fitness, HAC is known for its deep youth and family programming—over 100 kids' classes each week, childcare, a café, and recreation that make it a true “home away from home” for members of all ages.

100 FITNESS WAY, HOCKESSIN, DE 19707

13,800+
ACTIVE MEMBERS

89 MINUTE
DWEELL TIME

37,400
AVERAGE MONTHLY
VISITS

15 SCREENS
AVG. 45 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 11%

Male: 49%

Prime Earners (35–54): 27%

Female: 51%

Active Adults 55+: 35%

Average HHI: \$187.3k

85% Have a College Education

HAC 



\$58.99 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWEELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$1025/MONTH

30-SECOND AD
\$1350/MONTH

HOCKESSIN ATHLETIC CLUB



QNTM FIT LIFE

QNTM Fit Life in Nashville, TN, attracts a varied membership of fitness enthusiasts and professionals. The club offers modern fitness equipment, functional training areas, and amenities such as saunas and cafes. Popular services include group fitness classes, personal training, and wellness programs.

114 GEORGE L. DAVIS BLVD, NASHVILLE, TN 37203

3,200+
ACTIVE MEMBERS

90 MINUTE
DWEELL TIME

35,000
AVERAGE MONTHLY
VISITS

7 SCREENS
AVG. 72 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 60%

Male: 68%

Prime Earners (35–54): 20%

Female: 32%

Active Adults 55+: 10%

Average HHI: \$136.8k

69% Have a College Education

QNTM



\$23.09 CPM

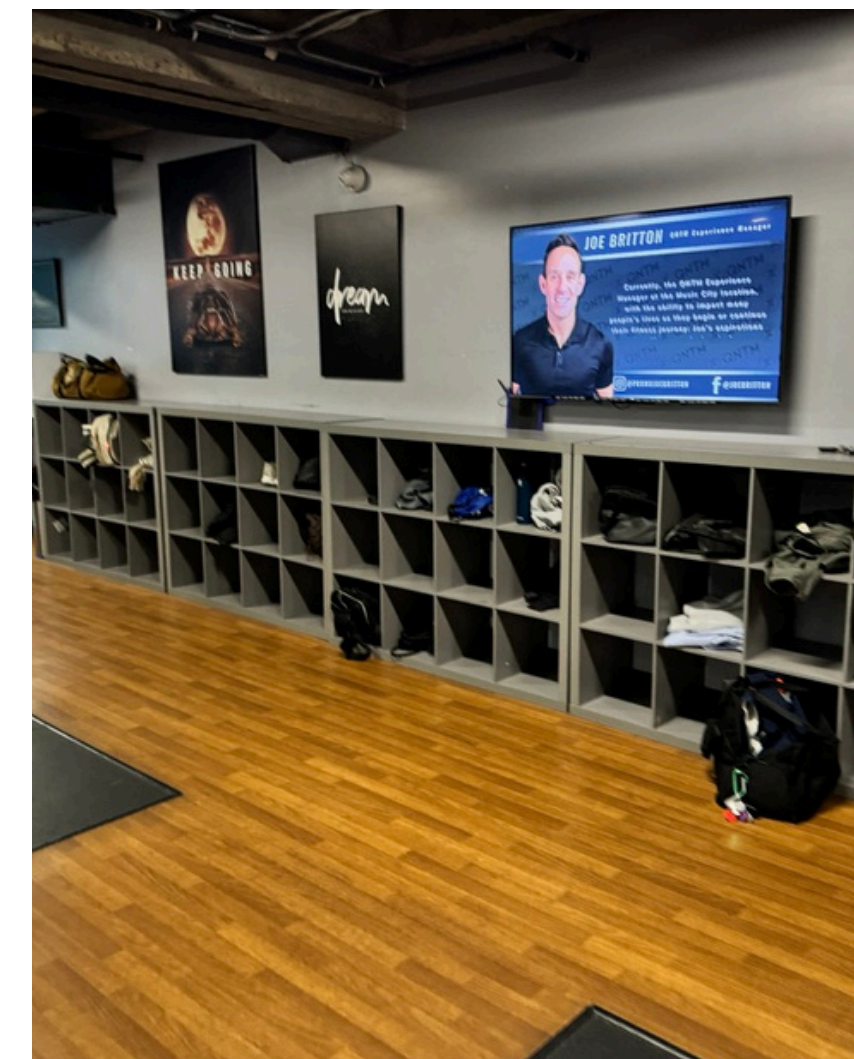
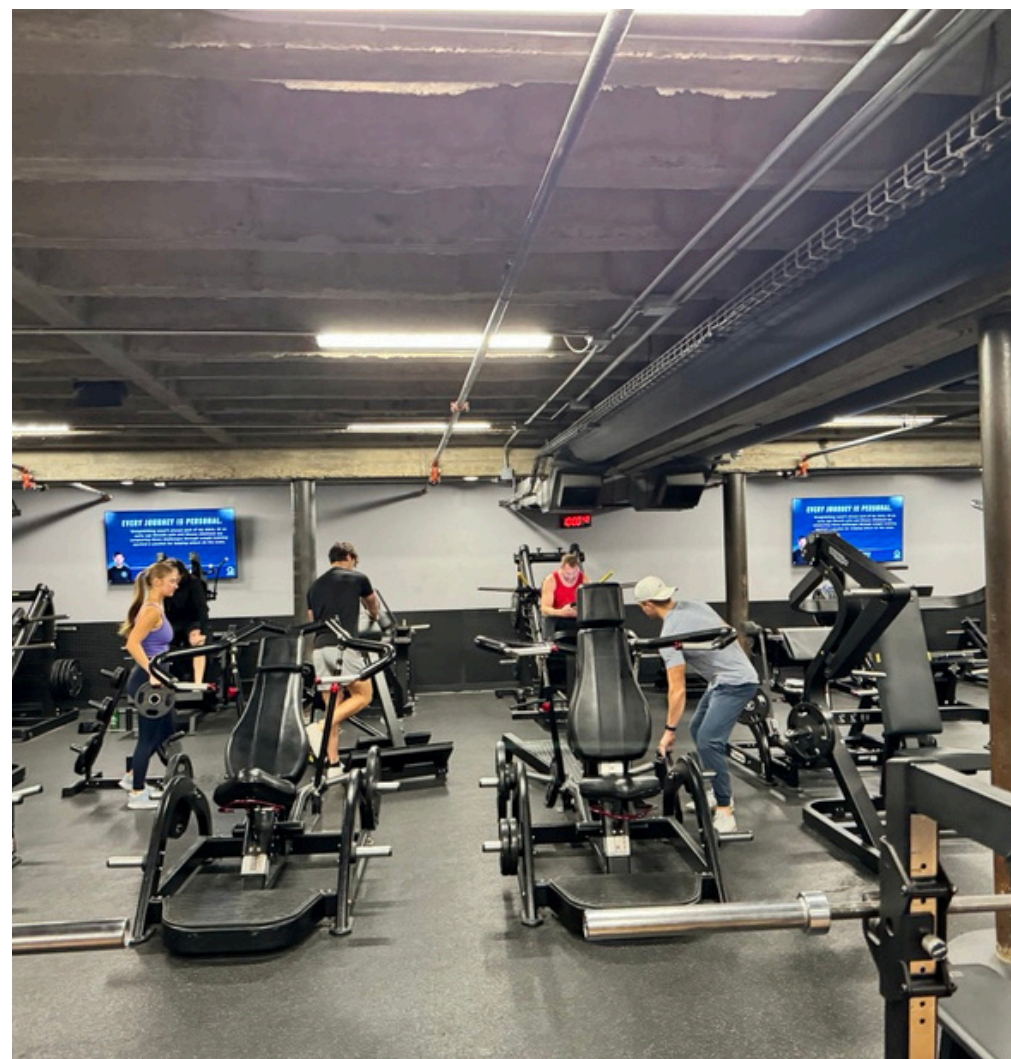
ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWEELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$300/MONTH

30-SECOND AD
\$500/MONTH

SPONSORED CONTENT
\$200/MONTH

QNTM FIT LIFE



RAINTREE CLUBS

Alive by Raintree and Raintree Athletic Club attract a highly engaged community of wellness-focused adults, young families, and active professionals. With strong daily usage and a balanced mix of prime earners and active adults, the clubs offer brands consistent visibility among consumers who prioritize health, routine, and elevated lifestyle choices.

RAINTREE ATHLETIC CLUB

2555 S. SHIELDS ST, FORT COLLINS, CO 80526

ALIVE BY RAIN TREE

932 WEST DRAKE RD, FORT COLLINS, CO 80526

10,800+
ACTIVE MEMBERS

80 MINUTE
DWELL TIME

42,400
AVERAGE MONTHLY
VISITS

15 SCREENS
AVG. 61 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 24%

Male: 52%

Prime Earners (35–54): 27%

Female: 48%

Active Adults 55+: 17%

Average HHI: \$117k

70% Have a College Education



\$21.51 CPM

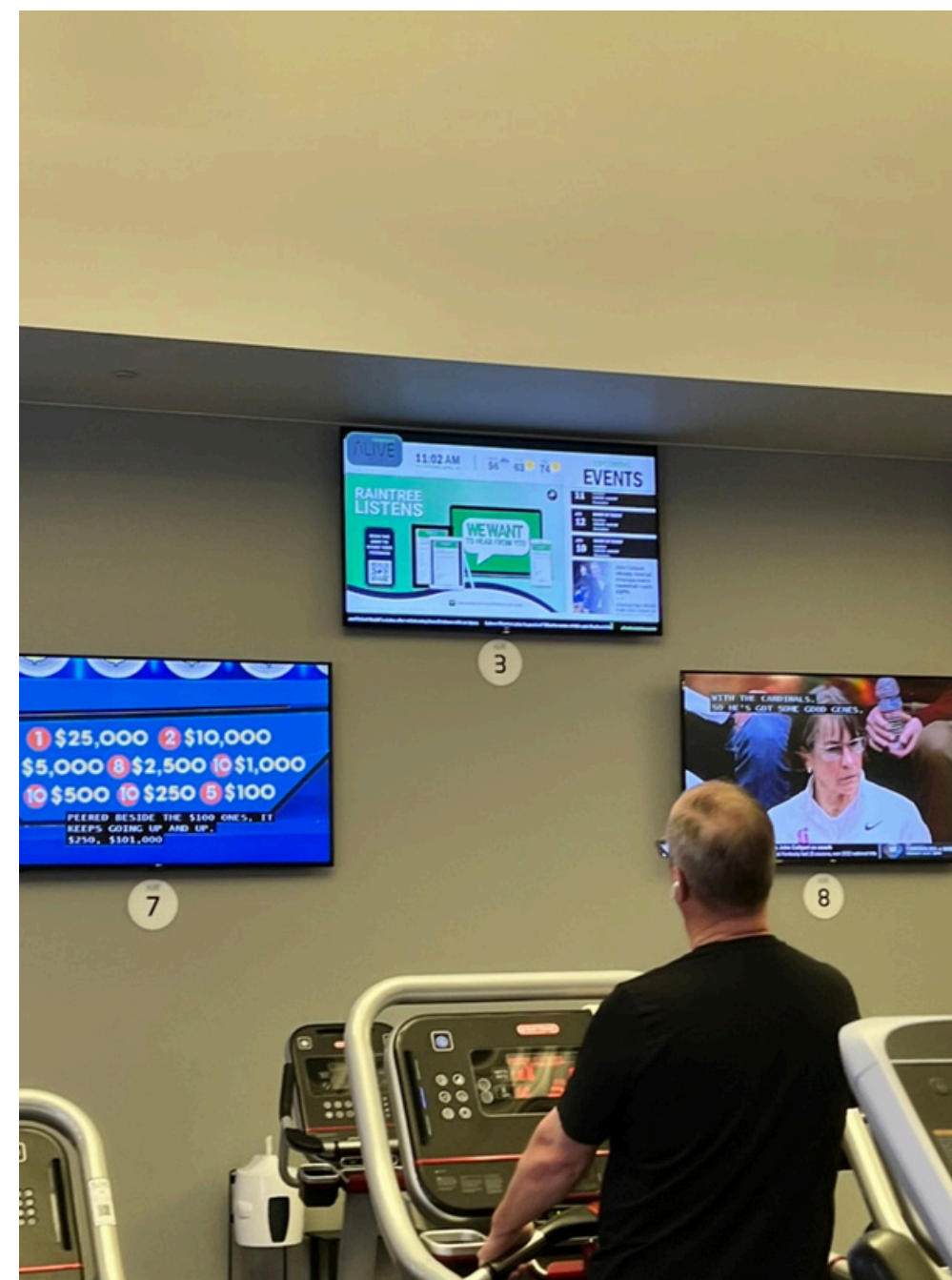
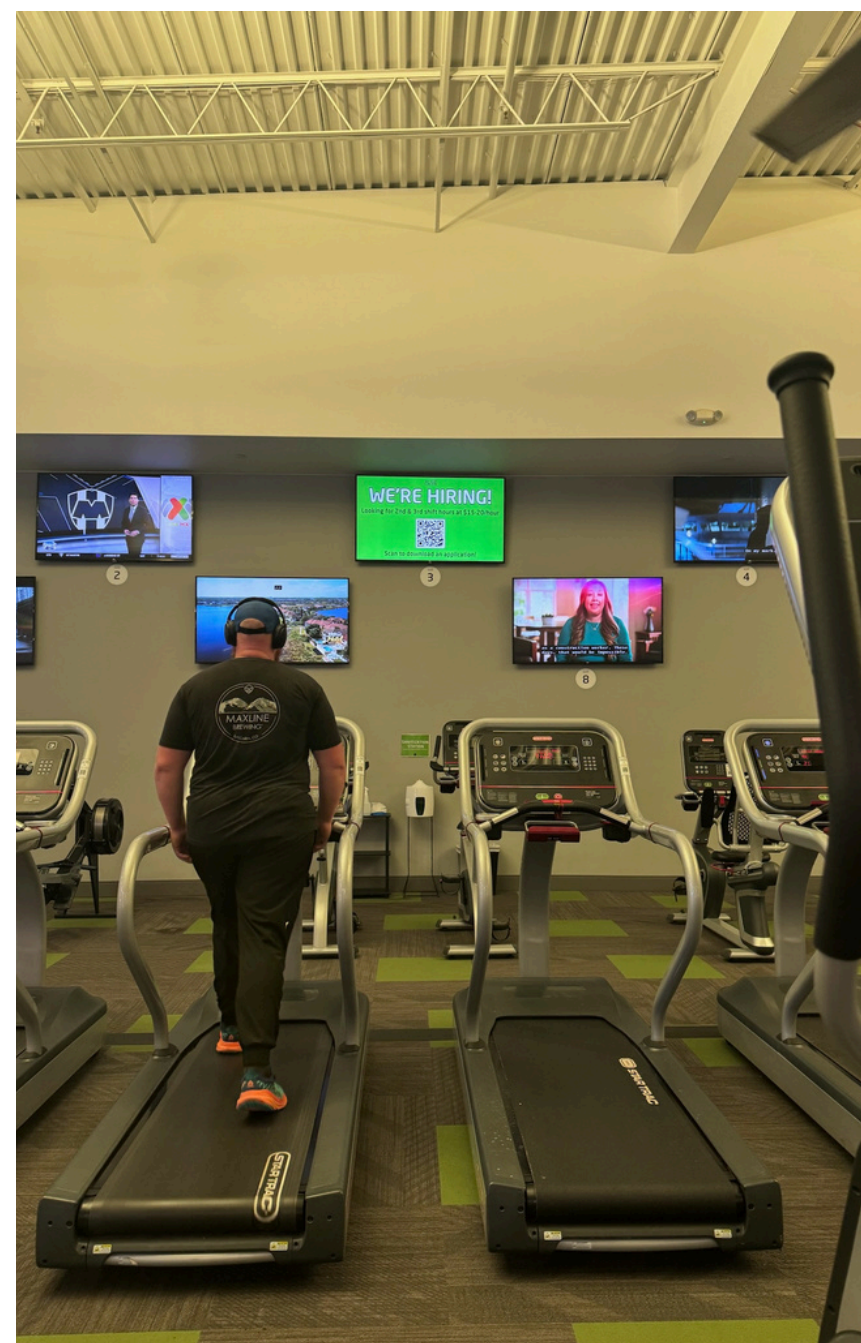
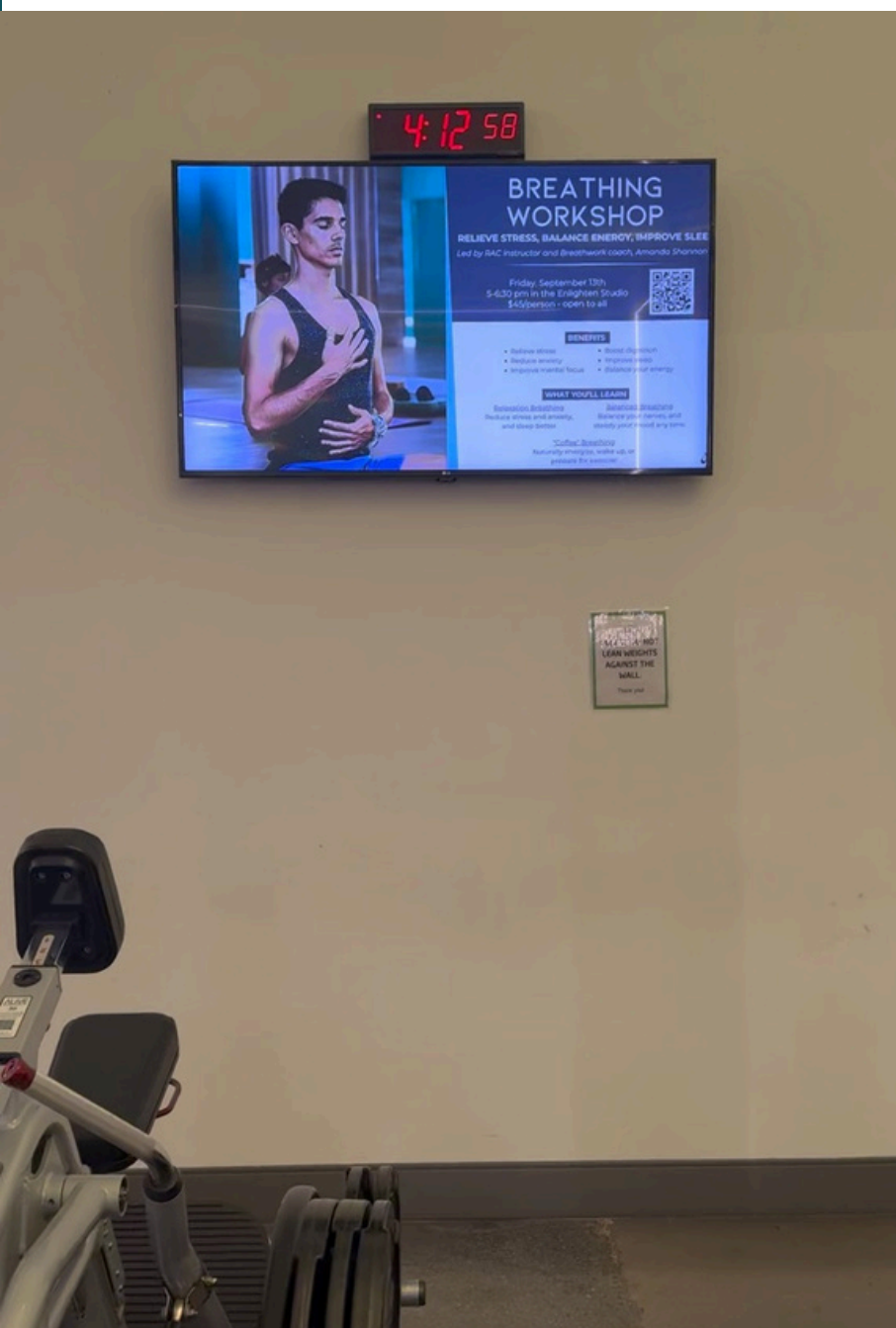
ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$300/MONTH

30-SECOND AD
\$500/MONTH

SPONSORED CONTENT
\$200/MONTH

RAINTREE CLUBS



RENAISSANCE CLUB SPORT

ClubSport is an elevated fitness and lifestyle club serving a health-focused, multi-generational audience. Members spend about 90 minutes per visit and return consistently, supporting strong repetition. With roughly 4,158 active members and about 30,000 visits monthly, brands gain premium visibility among high-income consumers.

50 ENTERPRISE, ALISA VIEJO, CA 92656

4,150+
ACTIVE MEMBERS

87 MINUTE
DWELL TIME

40,000
AVERAGE MONTHLY
VISITS

8 SCREENS
AVG. 50 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 8%
Prime Earners (35–54): 31%
Active Adults 55+: 28%

Male 52%
Female 48%

Average HHI: \$190k
67% Have a College Education



\$20.90 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$300/MONTH

30-SECOND AD
\$500/MONTH

SPONSORED CONTENT
\$200/MONTH

RENAISSANCE CLUB SPORT



ROCHESTER ATHLETIC CLUB

Rochester Athletic Club (RAC) in Rochester, MN, caters to a diverse membership base, including families, professionals, and fitness enthusiasts. The club offers an extensive range of facilities, including state-of-the-art fitness equipment, aquatics, tennis courts, and racquetball. Popular offerings include group fitness classes, personal training, and youth programs.

3100 19TH ST. NW, ROCHESTER, MN 55901

15,400+
ACTIVE MEMBERS

92 MINUTE
DWELL TIME

71,500
AVERAGE MONTHLY
VISITS

13 SCREENS
AVG. 50 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 9%
Prime Earners (35–54): 31%
Active Adults 55+: 20%

Male: 51%
Female: 49%

Average HHI: \$159.5K
69% Have a College Education



\$22.11 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$750/MONTH

30-SECOND AD
\$1000/MONTH

ROCHESTER ATHLETIC CLUB



STAFFORD HILLS CLUB

Stafford Hills Club is a premier family-oriented wellness and racquet club centered on fitness, tennis, and aquatics. It offers extensive indoor and outdoor tennis, a year-round heated saltwater pool with kids' features, and a full-service fitness center with group classes. With a Pacific Northwest-style campus, café amenities, and strong youth programming, the club blends high-quality training with a welcoming, community feel.

5916 SW NYBERG LN TUALATIN, OR 97062

3,100+
ACTIVE MEMBERS

86 MINUTE
DWEELL TIME

17,400
AVERAGE MONTHLY
VISITS

9 SCREENS
AVG. 48 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 7%
Prime Earners (35–54): 45%
Active Adults 55+: 35%

Male: 45%
Female: 55%

Average HHI: \$197.3
73% Have a College Education



\$58.32 CPM

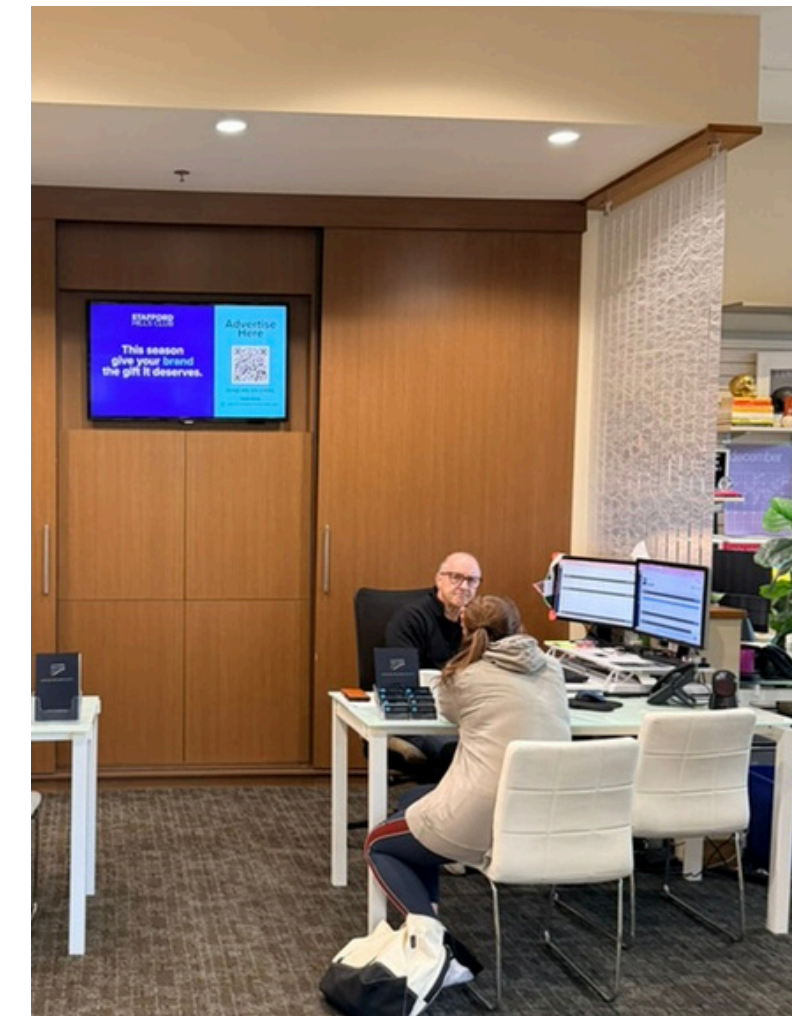
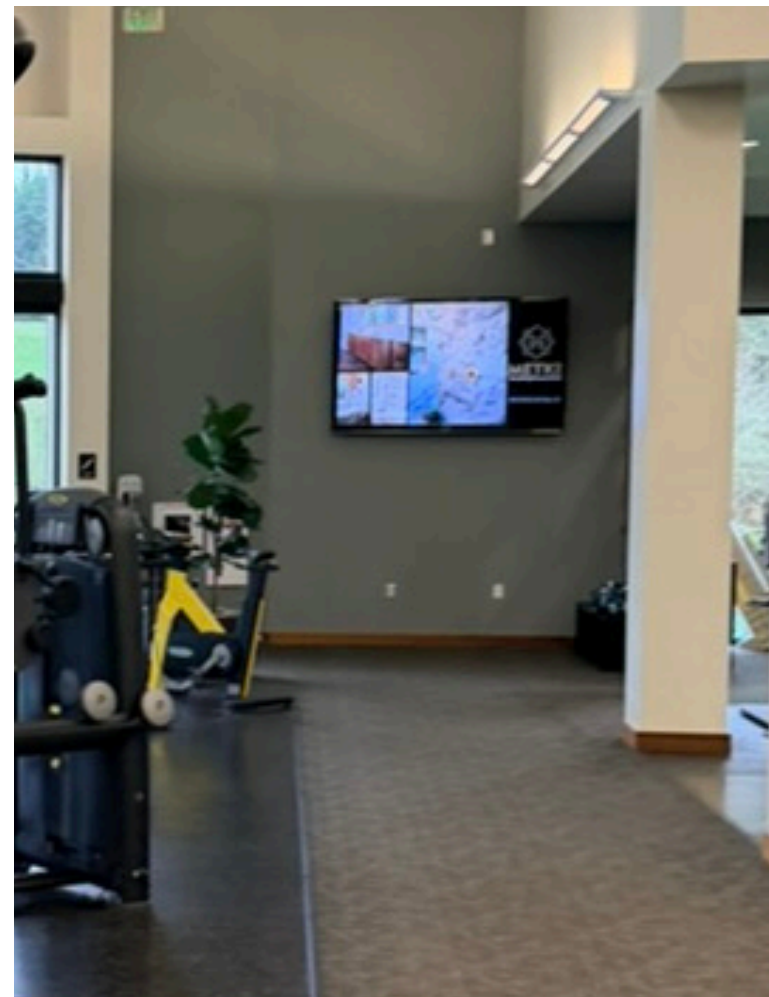
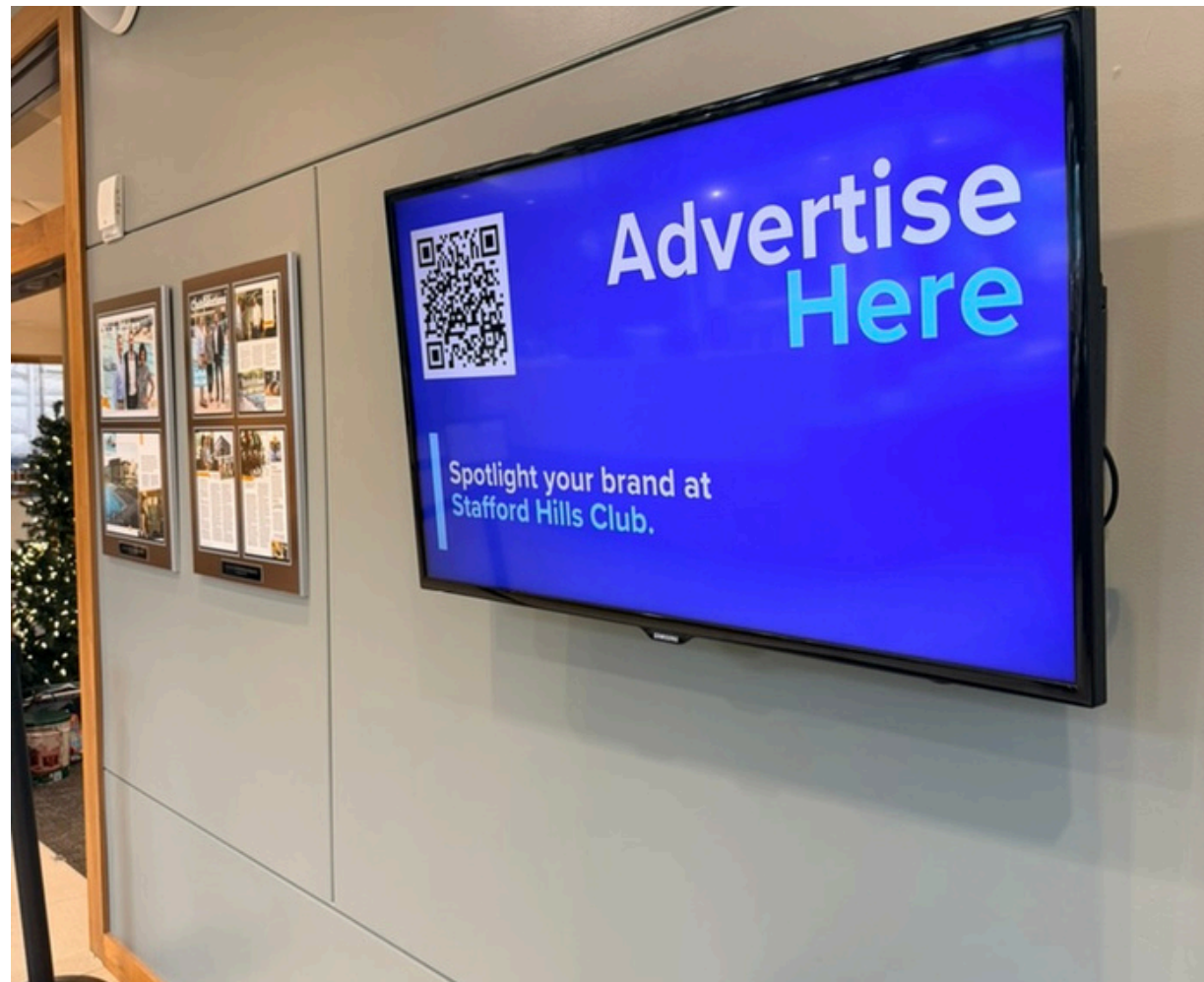
ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWEELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$400/MONTH

30-SECOND AD
\$600/MONTH

SPONSORED CONTENT
\$300/MONTH

STAFFORD HILLS CLUB



THE HOUSTONIAN

The Houstonian Club is Houston's premier private fitness and racquet destination, set on a serene wooded campus near Memorial Park and designed for a luxury wellness lifestyle. The 175,000-square-foot club features an expansive fitness floor, weekly classes, elite personal training, racquet sports, resort-style pools, and spa-level recovery services. With an exclusive, community-minded membership and a "sanctuary in the city" feel, The Houstonian blends performance, family-friendly amenities, and social connection into one of Texas's most recognized clubs.

111 N POST OAK LN, HOUSTON, TX 77024

12,300+

ACTIVE MEMBERS

99 MINUTES

DWELL TIME

67,800

AVERAGE MONTHLY
VISITS

5 SCREENS

AVG. 48 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 5%

Male: 53%

Prime Earners (35–54): 25%

Female: 47%

Active Adults 55+: 38%

Average HHI: \$299.9k

82% Have a College Education



\$74.49 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$1250/MONTH

30-SECOND AD
\$1000/MONTH

SPONSORED CONTENT
\$325/MONTH

THE HOUSTONIAN CLUB



WESTERN RACQUET AND FITNESS CLUB

Western Racquet & Fitness Club in Green Bay, WI, attracts a diverse membership including families, professionals, and fitness enthusiasts. The club features state-of-the-art fitness equipment, tennis courts, and wellness services like massage therapy and nutrition coaching. Popular offerings include group fitness classes, personal training, and racquet sports.

2500 S ASHLAND AVE, GREEN BAY, WI 54304

3,200+
ACTIVE MEMBERS

83 MINUTE
DWEELL TIME

18,200
AVERAGE MONTHLY
VISITS

7 SCREENS
AVG. 46 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 23% Male: 51%
Prime Earners (35–54): 28% Female: 49%
Active Adults 55+: 37%

Average HHI: \$109k
53% Have a College Education



\$48.14 CPM

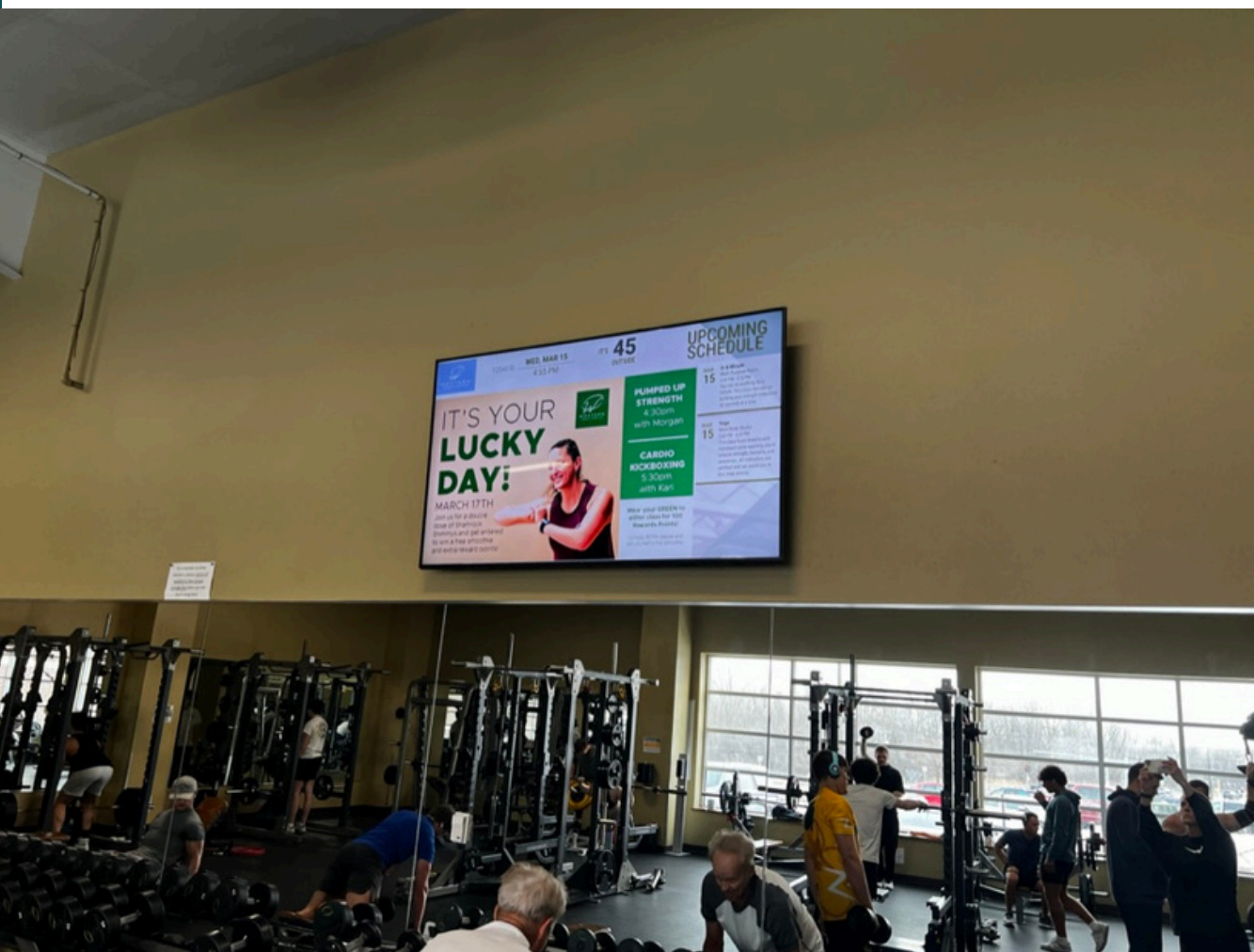
ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWEELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$300/MONTH

30-SECOND AD
\$500/MONTH

SPONSORED CONTENT
\$200/MONTH

WESTERN RACQUET AND FITNESS CLUB



WORKOUT ANYTIME

SYLACAUGA, AL - 544 W FORT WILLIAMS ST, SYLACAUGA, AL 35150
ROME, GA - 132 HICKS DR SE, ROME, GA 30161
CALHOUN, GA - 516 W BELMONT DR, CALHOUN, GA 30701
CHATSWORTH, GA - 960 GI MADDOX PKWY, CHATSWORTH, GA 30705
HOMESTEAD, FL - 28600 SW 137TH AVE, HOMESTEAD, FL 33033
PALM BAY, FL - 5270 BABCOCK ST NE STE 22, PALM BAY, FL 32905
PORT ORANGE, FL - 3840 S NOVA RD STE C, PORT ORANGE, FL 32127
COOKEVILLE, TN - 120 S WILLOW AVE STE D, COOKEVILLE, TN 38501
CROSSVILLE, TN - 65 CUMBERLAND PLAZA, CROSSVILLE, TN 38555
HERMITAGE, TN - 4656 LEBANON PIKE,, HERMITAGE, TN 37076
HIXSON, TN - 5922 HIXSON PIKE, HIXSON, TN 37343
MORRISTOWN, TN - 2340 SANDSTONE DR, MORRISTOWN, TN 37814
SPRINGHILL, TN - 4886 PORT ROYAL RD STE 200, SPRING HILL, TN 37174
ARLINGTON, TX - 1701 W RANDOL MILL RD, SUITE 542B, ARLINGTON, TX 76012
CASAVIEW, TX - 2425 GUS THOMASSON RD, CASA VIEW, TX 75228
TERRELL, TX - 111 STATE HWY 205 #106, TERRELL, TX 75160
DANVILLE, VA - 211 NOR-DAN DR STE 1020, DANVILLE, VA 24540
LYNCHBURG, VA - 7621 TIMBERLAKE RD SUITE 1000, LYNCHBURG, VA 24502

34,550+
ACTIVE MEMBERS

70 MINUTE
DWELL TIME

157,500*
AVERAGE MONTHLY
VISITS

85 SCREENS
AVG. 72 PLAYS PER
DAY, PER SCREEN

Young Professionals (25–34): 27% Male: 66%
Prime Earners (35–54): 31% Female: 34%
Active Adults 55+: 19%

Average HHI: \$86.5k
82% Have a College Education



**WORKOUT
ANYTIME**

\$35.62 CPM

ESTIMATED AVERAGE
BASED ON THIRD-PARTY
DATA OF TRAFFIC AND
DWELL TIMES AT THE 30-
SECOND RATE

15-SECOND AD
\$1800/MONTH

30-SECOND AD
\$2700/MONTH

SPONSORED CONTENT
\$1350/MONTH