

# SILVERSNEAKERS OVERVIEW

## Health benefit

- Offered **at no extra cost** to members of 60+ Medicare plans
- **SilverSneakers.com/Check** to see if your health plan includes SilverSneakers

## Fitness network<sup>1</sup>

- 15,000+ locations – yes, you can sign up at all of them
- Pools, free weights, cardio equipment and group classes

## Classes<sup>2</sup>

- Signature SilverSneakers® classes designed for all levels
- SilverSneakers FLEX® classes at parks and recreation centers
- SilverSneakers BOOM™ classes for more intense workouts

## Resources

- Location finder, SilverSneakers On-Demand™ and more at our website
- SilverSneakers Facebook, eNewsletter and blog
- adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers GO™ app

## Instructors

- Instructors with specific training on senior fitness
- Support and modifications in a welcoming environment

## Accessibility

- Most locations wheelchair accessible (call the location to be sure)<sup>1</sup>

Do you have SilverSneakers?

[SilverSneakers.com/Check](https://www.silversneakers.com/Check)

1-888-423-4632 (TTY: 711) Monday – Friday 8 a.m. – 8 p.m. ET



1. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

**Always talk with your doctor before starting an exercise program.**

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