

SILVERSNEAKERS OVERVIEW

Health benefit

- Offered **for FREE** to members of 60+ Medicare plans
- **SilverSneakers.com/Check** to see if your health plan includes SilverSneakers

Fitness network

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

Classes

- 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)

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



Classes and amenities vary by location. Talk to your doctor before beginning SilverSneakers or any exercise program.

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