SilverSneakers® is a program designed with you in mind. You have the opportunity to join a group of like-minded people focused on maintaining good health and independence.

THE SILVERSNEAKERS EXPERIENCE

SilverSneakers is much more than an exercise program – it’s a way for you to achieve your best health in mind, body and spirit.

A no-cost fitness benefit with access to 15,000+ fitness locations nationwide¹

The ability to enroll at multiple locations at any time

Guidance from dedicated fitness staff

Online resources (SilverSneakers On-Demand™ workout videos, fitness location directory, articles, and more)

Signature SilverSneakers classes² designed for all fitness levels and led by trained instructors

SilverSneakers FLEX® classes² offered outside the traditional gym setting

The SilverSneakers GO™ app with adjustable workouts, reminders and more

Social connections through events such as shared meals, holiday celebrations, and class socials

1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

2. 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.
88% of participants say SilverSneakers has improved their quality of life.³

58% of participants report that they have made new and valuable friendships through SilverSneakers.³

88% discovered they could do more than they thought possible.³

LET'S GET STARTED

Enroll in as many locations as you like and take part in fitness classes, use gym amenities and participate in events in your community.¹,²

1. START HERE
Go to SilverSneakers.com/StartHere to get your SilverSneakers member ID and find fitness locations that are right for you.

2. TAKE A TOUR
Bring your member ID number with you on your first visit.

3. START YOUR ROUTINE
You can start slowly, but keep it steady to enjoy a healthier lifestyle.

SilverSneakers.com/StartHere

Questions? Call 1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET

3. 2017 SilverSneakers Annual Participant Survey

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