

MOVE HOW YOU WANT, WHEN YOU WANT WITH SILVERSNEAKERS



SilverSneakers® is more than a traditional fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's included **at no additional cost** when you enroll in

With SilverSneakers, you're free to move in the ways that work for you.

In the gym

- Thousands of participating locations¹ nationwide with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes² designed for all levels and abilities

At home or on the go

- SilverSneakers LIVE online classes and workshops led by specially trained instructors, 7 days a week
- SilverSneakers On-Demand videos available 24/7
- SilverSneakers GO mobile app with personalized program resources, adjustable workout plans and more
- Burnalong® access with a supportive virtual community and thousands of classes for all interests and abilities

In your community

- Group activities and classes² offered outside the gym
- Events including shared meals, holiday celebrations and class socials

You can get your SilverSneakers member ID number and start using the program once you enroll in

Enroll today and get SilverSneakers at no additional cost.

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

Questions? Call us.

Did you know?

88%

of members say SilverSneakers has improved their quality of life.³

Always talk with your doctor before starting an exercise program.

1. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are 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.
3. 2023 SilverSneakers Annual Member Survey