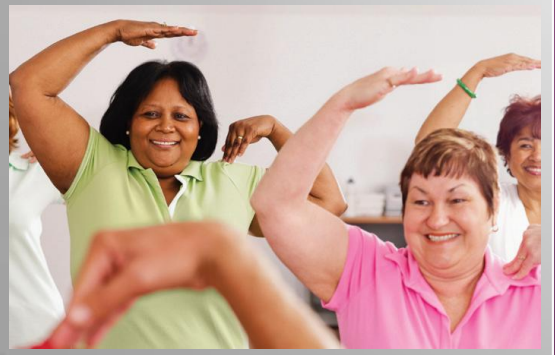

HEALTHWAYS SILVERSNEAKERS® FITNESS PROGRAM

HEALTHWAYS OFFERS A NUMBER OF ACTIVE-ADULT PROGRAMS INCLUDING THE SILVERSNEAKERS® FITNESS PROGRAM.

SILVERSNEAKERS IS THE NATION'S LEADING EXERCISE PROGRAM DESIGNED EXCLUSIVELY FOR MEDICARE-ELIGIBLE ADULTS AND FOR GROUP RETIREES. SILVERSNEAKERS OFFERS PHYSICAL ACTIVITY, HEALTH EDUCATION AND SOCIAL EVENTS, HELPING TO REDUCE HEALTH CARE COSTS DRIVEN BY THE PHYSICAL AND MENTAL EFFECTS OF AGING AND PHYSICIAN AND HOSPITAL VISITS.

THE TRC IS A DESIGNATED SILVERSNEAKERS FACILITY THAT OFFERS AMENITIES SUCH AS FITNESS EQUIPMENT, TREADMILLS, FREE WEIGHTS, AND SIGNATURE SILVERSNEAKERS CLASSES, WHICH ARE DESIGNED SPECIFICALLY FOR OLDER ADULTS AND TAUGHT BY CERTIFIED INSTRUCTORS.

SILVERSNEAKERS® – CLASSIC
HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT, AND ACTIVITY FOR DAILY LIVING SKILLS. HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES, AND A BALL ARE OFFERED FOR RESISTANCE, AND A CHAIR IS USED FOR SEATED AND/OR STANDING SUPPORT.

CLASSES ARE MONDAY AND WEDNESDAY 9:00-10:00AM (TIMES & LOCATION SUBJECT TO CHANGE. CHECK CURRENT GROUP EXERCISE SCHEDULE)

HAVE QUESTIONS REGARDING INSURANCE ELIGIBILITY? PLEASE CONTACT A HEALTHWAYS CUSTOMER SERVICE REPRESENTATIVE AT 1-888-423-4632.

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Healthways SilverSneakers® Fitness Program

TRC Tumbleweed RECREATION CENTER