



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SilverSneakers® Fitness Program

The SilverSneakers® Fitness Program is offered in partnership with select health plans to eligible members to provide an adult fitness center membership at no additional cost.

### Ages

Active Older Adults, Individual health plans may have their own age/eligibility requirements.

### When and What:

Unlimited use of the Wellness Center and Group Exercise classes

SilverSneakers® Classic- Mon 9:00-10:00AM

SilverSneakers® Circuit- Tues/Thurs 9:00-10:00AM

SilverSneakers® Yoga Stretch – Wed 9:00 – 10:00 AM

### Contact

Philip Moore

570-398-2150

philipm@rvymca.org



### Member/Non-Member

No cost for SilverSneakers® eligible members. Call the YMCA Front Desk to ask about your eligibility. Ineligible participants must either pay a daily guest pass or purchase a Y membership to attend classes. Applications for financial assistance to subsidize the cost of a membership are available.

### Additional Info:

All participants should wear comfortable clothing and supportive footwear, a water bottle is encouraged.

### RIVER VALLEY REGIONAL YMCA

Jersey Shore Branch

826 Allegheny Street

Jersey Shore, PA 17740

P 570-398-2150 [www.rvymca.org/jersey-shore](http://www.rvymca.org/jersey-shore)