



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 Medicare-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 Fitness Center and classes

SilverSneakers® Classic – Mon/Wed 9:30 – 10:30 AM

Light Aerobics – Tues/Thurs 9:30 – 10:15 AM

Contact

Heather Stocum

570-662-2999

heathers@rvrymca.org

Member/Non-Member

No cost for SilverSneakers® eligible members [Insurance plan holders of: Highmark – Freedom Blue, HOP, Geisinger Gold (except for the MSA Plan), AARP Medicare Supplement, and *NEW* Humana]

Un-eligible participants must either pay a daily guest pass of \$5 or purchase a Y membership.

Application to the Healthy Senior Program may help to subsidize the cost of membership.

Additional Info:

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

TIOGA COUNTY YMCA

40-42 Besanceney Drive

Mansfield PA 16933

P 570-662-2999 www.rvrymca.org/tioga-county