



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, Pool, Whirlpool/Sauna/Steam Room

Land Group Exercise Classes (located in the Basketball Gymnasium, arrive early for set-up):

SilverSneakers® Classic – Mon/Wed 9:00 – 9:45 AM

SilverSneakers® Circuit – Tues/Thurs/Fri 9:00 – 9:45 AM

Flexibility & Function – Tues/Thurs 10:00 – 10:45 AM

Pool Group Exercise Classes:

Water Fitness, Arthritis, Aqua Zumba®, and Water Yoga (see pool schedule)

## **Where**

Williamsport Y Program Areas

## **Contact**

Rachel Bryant/Williamsport Y at 323-7134 extension 109

## **Member/Non-Member**

No cost for SilverSneakers® eligible members [Insurance plan holders of: Highmark – Freedom Blue, HOP, AARP Medicare Supplement, and Humana]

Un-eligible participants must either pay a daily guest pass of \$10 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. Pool usage requires a swim suit.

## **WILLIAMSPORT YMCA**

641 Walnut Street

P 570-323-7134 [www.rvrymca.org/williamsport](http://www.rvrymca.org/williamsport)



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