

SilverSneakers® is for **all of you.**



**SilverSneakers is with you at every age
and every stage of your fitness journey.**



You don't have to be a SilverSneakers member to be part of our active, connected community—explore our **On-Demand workouts**, informative blog articles and more today!



Ready to be inspired?

Activate your **FREE** online account.



Discover member benefits

Find fitness, connection, and support—your way, every day with SilverSneakers at no additional cost with many Medicare Advantage plans.



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 GO mobile app with personalized program resources, adjustable workout plans and more



IN YOUR COMMUNITY

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

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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.

2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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