

## Healthways



### SilverSneakers® Fitness Program

**CLICK THE PICTURE TO ENROLL TODAY!**

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

Unlock the door to greater independence and a healthier life with SilverSneakers. [Health plans](#) around the country offer their award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to our great fitness center here at the Scottsdale Community College. This great benefit includes:

- access to conditioning classes, exercise equipment, and other available amenities
- customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- health education seminars and other events that promote the benefits of a healthy lifestyle
- a specially trained Program Advisor<sup>SM</sup> at the fitness center to introduce you to SilverSneakers and help you get started
- member-only access to online support that can help you lose weight, quit smoking or reduce your stress

The following pages detail the SilverSneakers classes that we offer throughout the week and can be found on the [Group Exercise Schedule!](#)



## SilverSneakers Classic



Improve strength, flexibility,  
posture and balance.



Exercise at your own pace with  
resistance tools including bands,  
balls and weights.

---

[silversneakers.com](http://silversneakers.com)

**Get fit, have fun,  
make friends!**

Questions? Ask at the front desk.



**STAY YOUNG<sup>SM</sup>**

SSFPNAT\_118 5.13



**MARICOPA**  
COMMUNITY COLLEGES

The Maricopa Community Colleges are EEO/AA Institutions.



# SilverSneakers

## Circuit



[silversneakers.com](http://silversneakers.com)

Improve heart health and muscular endurance.

Non-impact exercises including upper-body strength work are safe and effective even if you have cardiac or respiratory problems.

**Get fit, have fun,  
make friends!**



Questions? Ask at the front desk.



Healthways  
**SilverSneakers**<sup>®</sup>  
Fitness Program

**STAY YOUNG**<sup>SM</sup>



# SilverSneakers



## Cardio



Improve cardiovascular and muscular endurance.

This low-impact aerobic workout is safe, heart-healthy and gentle on your joints.

---

[silversneakers.com](http://silversneakers.com)

**Get fit, have fun,  
make friends!**

Questions? Ask at the front desk.



**STAY YOUNG<sup>SM</sup>**

SSFPNAT\_117 5.13



# SilverSneakers Yoga



Improve joint range of movement, strength and balance – and relax!

Learn safe moves and breathing exercises to reduce stress and improve mental clarity.

---

[silversneakers.com](http://silversneakers.com)

**Get fit, have fun,  
make friends!**

Questions? Ask at the front desk.



**STAY YOUNG<sup>SM</sup>**

SSFPNAT\_116 4.13