



**SCOTTSDALE COMMUNITY COLLEGE**  
LEARN. GROW. ACHIEVE.



**Fitness is timeless.®**

**Silver&Fit.**

Improve the quality of your life, meet new people, and stay strong for the future by working out at our fitness facility on a regular basis. You've got nothing to lose but bad habits!

**Come work out with  
Scottsdale Community College  
and start or continue your journey  
to better health today!**

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The Silver&Fit® Exercise and Healthy Aging Program provides services to Medicare beneficiaries and group retirees who want to improve their quality of life by exercising more. This, in turn, may help them lower their risk for heart disease, strokes, and other chronic conditions; cope with existing medical issues; prepare for medical procedures; and prevent falls.

Silver&Fit® members have access to:

- A no-cost membership at our outstanding fitness center at the Scottsdale Community College. Some insurances plans may require a low annual fee of \$25.
- The Silver&Fit® Home Exercise Program for those who are unable to participate at a fitness facility or prefer to work out at home.
- Optional programs such as senior-based exercise classes including varying levels of intensity, including cardio, yoga, circuit, and gentle tai chi, and a Fitness Advisor. Here is a complete list of the [exercise classes and schedule](#).
- SilverandFit.com, a website with a variety of health tools and resources, and specifically designed for Silver&Fit® members.
- *The Silver Slate*®, a quarterly newsletter.
- A toll-free customer service hotline to answer questions about the program.

For more information about Silver&Fit® and other products and services offered by American Specialty Health, please contact a National Sales Manager at 800.848.3555 or visit [SilverandFit.com](#).



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The Silver&Fit® program is offered by many major insurance companies such as Blue Cross Blue Shield, Aetna, and Medica. Check with your health plan provider to join us and our friends!

If you have any questions please call our Silver and Fit coordinator Korey Martinez at **480-423-6644**.

