

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 AdvisorSM 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

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

Questions? Ask at the front desk.



STAY YOUNGSM

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SilverSneakers

Circuit



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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.

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STAY YOUNGSM



SilverSneakers



Cardio



Improve cardiovascular and muscular endurance.

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

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STAY YOUNGSM

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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.

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