

## **About SilverSneakers**

The SilverSneakers® Fitness Program is the nation's leading fitness program designed exclusively for older adults. It's an innovative health, exercise and wellness program helping people live healthy, active lifestyles. Get fit, have fun, make friends!

Our motto of Fitness, Fun and Friends really takes shape when you enter a class.

Nearly 14,000 classes are offered across the nation every month. The members who frequent our classes tend to form strong bonds and interact socially both in and out of the fitness location.

SilverSneakers offers a variety of classes designed specifically for the varied needs of our older adult population.

## **Here at Quail Creek**

*SIT AND BE FIT* classes will be offered three days a week on Monday, Wednesday and Friday starting Monday, November 12, from 12:15 p.m. – 12:55 p.m. There is no floor work and a variety of equipment is used.

Classes are taught by certified SilverSneakers/Flex Instructor, Christina Perez.

Several Medicare Part C health insurance companies provide these fitness benefits at no cost. If yours is included there is no cost to participate in these classes. Otherwise, there is a \$4 per class charge. You can pay by cash, check or Quail Creek member charge.

## **Health Plan Locator 2018 for Arizona**

*Availability of the SilverSneakers program varies by plan/market and is subject to change.*

- AARP® Medicare Supplement Insurance Plan
- Humana
- United HealthCare
- Anthem Blue Cross Blue Shield
- Aetna
- Care More Health
- Bankers Life

This link will help you determine your eligibility based on your specific health insurance plan: <https://tools.silversneakers.com/Eligibility/HealthPlans?state=AZ>

**Website for more information:** [www.silversneakers.com](http://www.silversneakers.com)