

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

SilverSneakers - Cardio Express classes are offered three days a week on Monday, Wednesday and Friday 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.

We expect to add additional classes soon.

Several Medicare Part C health insurance companies provide these fitness benefits at no cost. If yours is included there is no fee to participate in these classes. Otherwise, there is a \$4 per class charge. If you wish to pre-pay by purchasing a block of classes, the cost is \$35 for 10 classes. You can pay by cash, personal check or Quail Creek member charge.

Health Plan Locator 2019 for Arizona

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

1. Humana
 - a. Medicare Advantage
 - b. Medicare Supplement
2. Anthem
 - a. Medicare Supplement Plans A, F, G, N
3. Aetna
 - a. Medicare MAPD
4. Well Care
 - a. Value (HMO)
 - b. Liberty (DSNP)
5. Bankers Life
 - a. Colonial Penn Medicare Supplement Plan C

Don't see your Health Plan company listed? Give them a call at **866-584-7389** to check your plan or if you have any questions.

Website for more information: www.silversneakers.com