



Group classes offered here

With SilverSneakers FLEX®, you can get moving outside of the traditional gym. Convenient and close to home, the classes are also a great way to make connections with people in your community. Plus, they're free for SilverSneakers members. Just bring your member ID number to class to get started.

CLASS IS IN SESSION

Class: _____

Location: _____

Day(s)/Time(s): _____

QUICK TIP:

Visit silversneakers.com to check your eligibility and find your ID number.

QUESTIONS?

Visit silversneakers.com or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.

