



**What is SilverSneakers®?** SilverSneakers® is a health and fitness program designed for adults 65+ that's included with many Medicare and other health insurance plans. If you have SilverSneakers included in your health insurance plan, you get all of the location access, SilverSneakers® classes, on-demand videos, and perks of membership at no additional cost. There are over 12 million qualifying members and more than 13,000 participating locations in the United States.

**How do I know if I am eligible for SilverSneakers®?** You may check your eligibility online at <https://tools.silversneakers.com>. You may also call your health insurance provider and ask them if SilverSneakers® is included in your specific plan. SilverSneakers® is a nationwide program, so your representative will be familiar with what you are asking.

**I am not eligible for SilverSneakers®. Can I still use Logan Fitness?** Yes. We have many membership options for community members and also offer a senior citizen discount. Stop by our membership services office or call us at (618) 985-2828 Ext. 8502 to get more information about annual, semester, or monthly memberships.

**I am eligible for SilverSneakers®! Now how do I utilize my benefits at Logan Fitness?** Once you verify that you are eligible for SilverSneakers®, you will be given a 16-digit SilverSneakers® ID number. Bring that number to the Logan Fitness staff and we will then be able to enroll you at our facility for no cost. You will be given a free scan card, which you will use to check in every time that you visit the facility. This is extremely important, as each visit you make results in a \$3 reimbursement to our facility from the SilverSneakers® program. Your membership at Logan Fitness will include the fitness center during all facility hours and the aquatic center during open swim times. You may also enroll in any SilverSneakers course for no charge.

**What SilverSneakers® classes are offered at Logan Fitness?** Whether beginner or experienced, we have fitness and aquatic classes for everyone. All SilverSneakers® classes are led by our certified instructors. Classes offered at Logan Fitness include: Circuit, Classic, EnerChi, Splash (Arthritis Aquatics), Stability, and Yoga. These classes are free for SilverSneakers® members. They can also be taken by non-SilverSneakers® members who pay the class registration fee. To see a listing of days/times that these classes are offered, view our website at [www.jalc.edu/loganfitness](http://www.jalc.edu/loganfitness) or stop in to our membership services office. See each of the SilverSneakers® course descriptions below:

#### **SILVERSNEAKERS® CIRCUIT (FT30)**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises

#### **SILVERSNEAKERS® CLASSIC (FT31)**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

#### **SILVERSNEAKERS® ENERCHI (FT53)**

This SilverSneakers EnerChi class is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.

#### **SILVERSNEAKERS® SPLASH (ARTHRITIS AQUATICS) (AQ18)**

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is

used to improve strength, balance and coordination. Improve strength, flexibility, balance and endurance. Be kind to your joints, get stronger, and have fun in the pool. This class will provide the student with the opportunity to exercise affected joints in the therapy pool with 92 degree water.

#### **SILVERSNEAKERS® STABILITY (FT50)**

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

#### **SILVERSNEAKERS® YOGA (FT33)**

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Other benefits of SilverSneakers** On-demand video workouts - Prefer exercising at home? Use your SilverSneakers® membership to login to our on-demand video library of classes, workouts, and how-to videos. Here's a link: <https://www.silversneakers.com/learn/ondemand/> A fitness app designed for you - Access fitness programs on the go, track and schedule activities, find locations, and get your member ID with SilverSneakers GO. Download to your smart phone through the App Store or Google Play - search for SilverSneakers Go

**GET ACTIVE, FEEL GREAT!**

***It's never too late to start living a longer, healthier life.  
Take advantage of all SilverSneakers® has to offer. See if you're a member today!***