



**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 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 the SilverSneakers® Classic course for no charge.

**What SilverSneakers® classes are offered at Logan Fitness?** SilverSneakers® Classic is free for SilverSneakers® members. This class 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, visit our website at [www.jalc.edu/loganfitness](http://www.jalc.edu/loganfitness) or stop in to our membership services office.



**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!***