



# **SILVER** **SNEAKERS** *NOW AVAILABLE!*

We are very excited to announce that the Derry Township Community Center is officially participating with **SilverSneakers!**

**SilverSneakers** is a fitness and wellness program offered at no additional cost to seniors 65+ on eligible Medicare plans that helps participants get active, get fit, and connect with others. The program provides a basic membership to the Derry Township Community Center with access to the fitness center, gymnasium, pools, and locker rooms. Group Exercise Classes included in the regular membership are also free of charge.

**SilverSneakers** members can take any Group Exercise classes they want; however, there will be some classes with specific appeals such as **SilverSneakers** Circuit, Level 1 Cycling, an Agility & Balance Class, and Zumba Gold. Aquatics classes would also be an additional cost to participate in. The Derry Township Community Center looks forward to welcoming members of all ages and helping participants achieve their fitness goals. If you would like to sign up for the Community Center's **Silver Sneakers** program, please double check your eligibility through <https://fitness.tivityhealth.com> and have your 16-digit ID number ready prior to registration. The Community Center does require the 16-digit ID number for your account upon registration.



All registrations for **SilverSneakers** can be submitted through email at [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org), by phone at 717-533-7138, or at the front desk upon the opening of the Community Center.