



Fitness made fun

To be Silver&Fit means you take charge of your health and well-being and are looking for new and exciting ways to get fit, have fun, and improve your health. The Silver&Fit® program combines exercise and health education to empower you to become physically fit.

What you get from the Silver&Fit® Program

Silver&Fit® is a fitness and education program designed specifically for seniors. It offers you a choice of program options – at no additional cost:

- 1. Basic membership at a participating Silver&Fit fitness facility**
- 2. Full membership at a participating Silver&Fit fitness facility**

Silver&Fit® Basic Program

Silver&Fit® members may instead expand their choice of fitness facilities by choosing a fitness or exercise center from a larger selection of Basic Silver&Fit® facilities, which offer only the facilities associated with the fitness center membership.

Silver&Fit® Full Program

Your Silver&Fit® Full program membership entitles you to all of the services included with a standard fitness facility membership, including access to cardiovascular and resistance training equipment; exercise classes.

Besides what's offered in the fitness facility membership, the Full Silver&Fit® program includes senior-friendly group fitness classes.

Contact Tim's Fitness Center at 717.627.0038 for more information on how to enroll.