About SilverSneakers®
Tivity SilverSneakers® Fitness program is the nation’s leading fitness program designed exclusively for older adults. This comprehensive program addresses the physical, mental and social needs of Medicare-eligible members (usually 65-plus). Adults over age 65 who adopt a physically active lifestyle can substantially improve their health to get more out of life. PRIME is available to adults ages 18–64 whose health insurance includes this program as a wellness benefit.

For SilverSneakers® participants this also includes the opportunity to participate in the signature SilverSneakers® group exercise classes. Both programs offered at both the Community Center and Griswold Center are listed below. For PRIME participants this includes the opportunity to participate in the SilverSneakers® BOOM classes.

Renew Active®
Renew Active is a fitness program for body and mind designed to help people live their best lives and achieve their health and wellness goals. Through Renew Active, people age 65 and older can take advantage of an in-person fitness orientation to help them get started toward reaching their goals as well as all of the benefits of a standard membership. Renew Active is available at no additional cost to people enrolled in eligible UnitedHealthcare Medicare Advantage plans.

Memberships
Tivity SilverSneakers®, PRIME and REnew Active® members receive a no-cost Community Center and/or Griswold Center membership, which includes all member benefits. Eligibility for these insurance-based programs can be confirmed at the Community or Griswold Center customer service desks.

<table>
<thead>
<tr>
<th>SilverSneakers BOOM™ MOVE</th>
<th>SilverSneakers BOOM™ MUSCLE</th>
<th>SilverSneakers BOOM™ MIND</th>
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<tr>
<td><strong>This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.</strong></td>
<td><strong>This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.</strong></td>
<td><strong>The best from yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.</strong></td>
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<td><strong>Griswold Center</strong></td>
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<tr>
<td>Mon 1:00 PM–1:30 PM (No Class 12/9 or 12/16) Ongoing No Fee** Instructor: Mary Ervin Max. 30</td>
<td>Mon 1:30 PM–2:00 PM (No Class 12/9 or 12/16) Ongoing No Fee** Instructor: Mary Ervin Max. 30</td>
<td>Mon 2:00 PM–2:30 PM (No Class 12/9 or 12/16) Ongoing No Fee** Instructor: Mary Ervin Max. 30</td>
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<td><strong>Community Center</strong></td>
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<td>Tues 10:30 AM-11:00 AM (No Class 12/24) Ongoing No Fee** Instructor: Judy Hunter Max. 25</td>
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PLEASE NOTE: This is a modified schedule for December only... normal classes will resume in January.
SilverSneakers® Classic
Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Community Center**
- Mon 10:30 AM–11:30 AM Ongoing
  - No Fee*
  - Instructor: Judy Hunter
  - Max. 30
- Fri 9:00 AM–10:00 AM Ongoing
  - No Fee*
  - Instructor: Richard Johnson
  - Max. 30

**Griswold Center**
- Tue 10:15 AM–11:00 AM Ongoing
  - No Fee*
  - Instructor: Stacy Connelly
  - Max. 15
- Wed 3:30 PM–4:30 PM Ongoing
  - No Fee*
  - Instructor: Jeff Fickell
  - Max. 30
- Thu 10:15 AM–11:00 AM Ongoing
  - No Fee*
  - Instructor: Mary Ervin
  - Max. 30

SilverSneakers® Circuit
Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

**Griswold Center**
- Tue 9:15 AM–10:00 AM Ongoing
  - No Fee*
  - Instructor: Stacy Connelly
  - Max. 30

SilverSneakers® Yoga
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.

**Community Center**
- Mon 12:15 PM-1:00 PM Ongoing
  - No Fee*
  - Instructor: Judy Hunter
  - Max. 25
- Thu 12:15 PM-1:00 PM Ongoing
  - No Fee*
  - Instructor: Stacy Connelly
  - Max. 25

**Griswold Center**
- Tue 12:15 PM–1:00 PM (NO CLASS 12/24 or 12/31) Ongoing
  - No Fee*
  - Instructor: Judy Hunter
  - Max. 15

SilverSneakers® Splash
Lap Pool
In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

**Community Center**
- Mon, Wed, Fri 10:00 AM–10:45 AM Ongoing
  - No Fee*
  - Max. 16

SilverSneakers EnerChi
SilverSneakers EnerChi will incorporate tai chi and qigong principles to improve physical and mental well-being. SilverSneakers EnerChi introduces modified tai chi forms. Linking forms together in a guided flow increases strength and vitality. Participants will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing.

**No Classes In December**

* Circuit, Classic, Yoga & Splash programs are offered only to members 65 and up of SilverSneakers®.

**BOOM programs are offered to PRIME & Silversneakers® members ages 50 and up.

Visit www.TivityHealth.com for more information regarding the Tivity SilverSneakers® Fitness program.