



## Group classes offered here

With SilverSneakers FLEX®, you can get moving outside of the traditional gym. Convenient and close to home, the classes are also a great way to make connections with people in your community. Plus, they're free for SilverSneakers members. Just bring your member ID number to class to get started.

### CLASS IS IN SESSION

Class: \_\_\_\_\_

Location: \_\_\_\_\_

Day(s)/Time(s): \_\_\_\_\_

\_\_\_\_\_

### QUICK TIP:

Visit [silversneakers.com](https://silversneakers.com) to check your eligibility and find your ID number.

### QUESTIONS?

Visit [silversneakers.com](https://silversneakers.com) or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.

