

YACTIVE OLDER ADULTS

Special Senior Membership Program!

SilverSneakers®

- Complimentary, Paid Membership!
- Medicare-eligible age 65 or older*
- Physical Activity, Fitness Equipment
- Treadmills, Free Weights, Stretching
- Health Tips and Socialization
- Classes with Certified Instructors
- Mt. Laurel and Riverfront Branches



You may be eligible for a full YMCA Membership that is paid for by select insurance carriers (subject to verification). Your trial Membership can begin immediately with no payment due at enrollment and no waiting period.

Unlimited classes are included at no extra cost, such as YogaStretch®, CardioFit® and Weight Circuit®. Aquacise in the pool is available at an additional cost. All classes work to increase strength, flexibility and cardiovascular fitness.

- Choose from Convenient Days and Times
- Certified, Experienced Instructors

It's easy to enroll! Remember to bring your:

- Medicare Card and Insurance Card

Eligible insurers include:

Oxford Group Retiree (AARP Medicare Complete; AmeriHealth 65; Highmark HOP by PPSERS; Humana Group Medicare PFFS; Humana Gold Choice PFFS; Humana Medicare Supplement; Independence Blue Cross (Keystone 65; Personal Choice 65; Select Advantage)

List of eligible insurers subject to change and verification

**May include those any age deemed disabled and receiving Medicare*

The nation's leading
exercise program
designed for adults

Contact us for more info or come in and enroll!

Riverfront Branch

Judy Lokken
609-543-6200 x309

Mt Laurel Branch

Tracey Atkinson, Branch Exec
856-234-6200 x209



**ACTIVATE
AMERICA™**



Y for All Income-Based Pricing and Strong Kids Financial Assistance Available for those ineligible for Silver Sneakers. The YMCA of Burlington County is the not-for-profit 501(c)(3) charitable corporation that is building strong kids, families and communities through programs designed to improve an individual's spirit, mind and body.