

## Silver&Fit Exercise Classes:

These Silver&Fit Signature Series are designed specifically for older adults and focus on cardio, strength training, and flexibility. Classes consist of a warm-up to prepare the body for exercise, cardio and strength training exercises, and a final cool-down of stretching and relaxation. Set to tailored and up beat music, this class provides a social, fun, and non-intimidating atmosphere!

### Schedule of Classes:

#### **MONDAYS**

11:30 am – 12:15 pm

#### **WEDNESDAYS**

9:30 am – 10:15 am

### How do I sign up for Silver&Fit Classes?

You can take advantage of our classes immediately after registering in the main office. **Just make sure you swipe your MSC card** at the front desk “each” time you attend an activity at the center. Each time you scan your MSC card the center receives \$3.25. We received over \$15,000 in 2014. These funds help offset our yearly operational budget, including the addition our evening hours... which include the Fitness Room and Exercise Classes.

## Monroeville Senior Citizens Center

6000 Gateway Campus Blvd.  
Phone: 412.856.7825

[www.monroeville.pa.us](http://www.monroeville.pa.us)



## Monroeville Senior Citizens Center

*Save Money & Get Fit with  
our Silver&Fit Exercise and  
Healthy Aging Program!*



**Get FIT. Have FUN.  
Be HEALTHY.**

*We now offer Silver&Fit  
classes for older adults!*

## Silver&Fit Member Benefits

Interested in taking fitness classes designed for your needs? As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no cost membership to the senior fitness center.

The Silver&Fit program is available to people who are Medicare-eligible and have purchased Medicare Advantage or Medicare Supplement coverage that includes the Silver&Fit Healthy Aging Program as an added benefit.

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The Silver&Fit Exercise and Healthy Aging Program provides members with the following great benefits:

### **MSC Building Membership Fitness Center Membership**

*Waives any membership's fees.*

### **“Free” Exercise Classes**

*you are allowed to attend both the Silver Sneakers and the Silver&Fit Class!*

### **Health Education Seminars**

*and other events that promote the benefits of healthy living.*

### **A Senior Advisor** *at the center*

*to introduce you to Silver&Fit and acquaint you with the site.*

**Access to SilverandFit.com**, *a website with a variety of health tools and resources specifically designed for older adults.*

*Opportunities to learn new healthy habits and stay motivated.*

*Opportunities to meet new friends and stay connected to your community.*

## How to join the Silver&Fit Program:

If you are not yet a Silver&Fit member and don't know whether you are eligible to join the program, please contact your health plan or call Medicare at 1.800.MEDICARE. Our office is also here to assist you.

*If you are eligible you need to register in our office. Please bring your health Insurance card. Forms will take approximately 20 minutes to fill out.*

## Silver&Fit Currently Accepts:

Advantra, Aetna, Coventry Health Care, Health America, and UPMC insurances.

## What if I am a current Silver&Fit member at another facility?

The Silver&Fit program only allows you to be a member at one site. You will need to call 1.800.877.329.2746 and request a site change.

## What if I am already a member of the Monroeville Senior Center?

You still need to register as a Silver&Fit member to receive the benefits of the program.