

Get active with SilverSneakers® Fitness



Check out all the ways to use your fitness membership. It's provided for you **at no extra cost** by **Plumbers' Welfare Fund Local 130 U.A.**

To find fitness locations, request your SilverSneakers ID number, enroll in FLEX classes or get additional details, visit **silversneakers.com** or call SilverSneakers Customer Service at 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.



Work out indoors

- 13,000+ fitness locations*
- all basic amenities and SilverSneakers group exercise classes
- easy enrollment with your SilverSneakers ID number



Experience SilverSneakers FLEX® classes

- tai chi, yoga, walking groups and more
- at local parks, recreation centers and older-adult living communities (in select states)
- optional online sign-up for convenience



Connect online

- fitness location and FLEX class lookup tool
- meal plans and healthy recipes
- resources and inspiration

Start using your SilverSneakers membership today!



*If you are in need of an at-home kit, please visit silversneakers.com or call SilverSneakers at the phone number listed above.

