

New Features from SilverSneakers

SilverSneakers® is a trusted brand available to members through select Medicare plans at no additional cost. Providing unmatched support and flexibility, SilverSneakers recently launched a campaign supported by new online workouts. These live and pre-recorded classes allow members to get active where and when they want.

New features include SilverSneakers On-Demand™, an exclusive library of 200+ classes available 24/7. SilverSneakers LIVE classes and workshops are also available to members via Zoom¹, and Facebook Live classes are hosted twice per week and available to everyone. There are also thousands of participating locations² with various amenities, and classes³ for all fitness levels. Members can enroll at multiple locations at any time.

We encourage your prospective members to try a class from home via Facebook Live. Forward this [link](#) so they can try it out!

1. Zoom is a third-party provider and is not owned or operated by Tivity Health or its affiliates. SilverSneakers members who access SilverSneakers Live classes are subject to Zoom's terms and conditions. SilverSneakers member must have Internet service to access SilverSneakers Live classes. Internet service charges are responsibility of SilverSneakers member.
2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.