DEFY THE ODDS. SMASH STEREOTYPES.

For years, millions of active older adults have learned about fitness, nutrition and overall well-being through SilverSneakers® Fitness. And, for the fourth year in a row, more than 55% of those members responded to the National SilverSneakers Annual Participant Survey – now that’s commitment. Keep up the great work – we knew you had it in you.

Exceed your own expectations. Grow BOLDER.

That’s what SilverSneakers members do.

Access
✔ 13,000+ Gyms
✔ 1,500+ Community Locations
✔ Access Any Location, Anytime

Classes
✔ SilverSneakers Flex™ Community Fitness
✔ Healthways Boom® Fitness
✔ Signature SilverSneakers Classes

Resources
✔ Blog
✔ Newsletter
✔ Social Media

More
✔ Basic Gym Amenities
✔ Social Events
✔ Health Education

About our classes
Flex includes the types of classes held at locations outside of the gym, like community centers and parks.

Boom offers more advanced workouts for baby boomers and active adults. Try MOVE IT, MIND or MUSCLE.

Signature SilverSneakers classes were designed for your body and abilities and include Circuit, Classic, Yoga and more.