



HEALTHWAYS
SilverSneakers[®]
FITNESS

SilverSneakers[®] is the nation's leading exercise program designed exclusively for Medicare-eligible adults and for group retirees. SilverSneakers[®] offers physical activity, health education and social events, helping to reduce health care cost driven by the physical and mental effects of aging and physician and hospital visits.

The Tumbleweed Recreation Center is a designated SilverSneakers[®] facility that offers amenities such as fitness equipment, treadmills, a free weight area, personal training (additional fee) and signature SilverSneakers[®] classes, which are designed specifically for older adults and taught by certified instructors.

SilverSneakers[®] - Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movements, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and standing support.



Classes at Tumbleweed Recreation Center
745 E. Germann Rd.

Monday and Wednesday • 9-10 a.m.
Active Adults Ages 55 yrs+

www.silversneakers.com
www.facebook.com/silversneakers
www.youtube.com/thesilversneakers
www.chandleraz.gov/parksandrecreation



For questions regarding insurance eligibility call 1-888-423-4632

Mayor Jay Tibshraeny and the Chandler City Council