

Do you have Silver Sneakers?



If you have any of the following Health Plan Providers, you can get a Silver Sneakers card and use the entire Troy Recreation Center for FREE, including the Fitness Center!

AARP Medicare Supplement Insurance Plan
Aetna Medicare
Blue Cross and Blue Shield/Blue Advantage (PPO)
Blue Cross and Blue Shield/C Plus Medicare
Humana Medicare Advantage and Medicare Supplement
UnitedHealthcare AARP Medicare Complete
(Other insurance plans from other states may apply)

Or call your Health Care Provider and ask how you can get your card. Some group retiree plans may offer SilverSneakers. Contact your plan administrator to see if your plan is one of them.

You can also go to www.silversneakers.com for more information.

**Our Silver Sneaker Exercise class meets every Tuesday and Thursday, 9-10 a.m.
Contact Cheryl Pennington at 334-566-4031 for more information.**