



## BENEFITS OF A SILVERSNEAKERS MEMBERSHIP AT THE MARSHFIELD CLINIC HEALTH SYSTEM YMCA

In addition to continued improved strength and endurance, and social interaction and fun, enjoy unlimited access to the Marshfield YMCA facility and fitness equipment including:

- Treadmills
- Sci Fit Trainers
- Recumbent & Upright Bikes
- Elliptical Trainers
- Rowing Machines
- Upper Body Ergometer
- Strength Training Equipment
- Free-Weight Strength Training Center
- Cycling Studio
- Large Pool, Teaching/Therapy Pool & Whirlpool Spa
- Indoor Track
- Air-Conditioned Gymnasiums
- SilverSneakers Fitness Classes
- 24-Hour Wellness Center & Roehl Fieldhouse Access (for an additional fee)

Wellness coaches are available and free with your membership, offering step-by-step guidance and support during your health and wellness journey.

## SILVERSNEAKERS FITNESS CLASS FEES

### YMCA MEMBERS: FREE

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class. Download our mobile app to access our registration page.

### NON-MEMBERS: DAY PASS FEE

Individual = \$10

Family = \$25

## CONTACT

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## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

410 West McMillan Street  
Marshfield, WI 54449  
715.387.4900  
www.mfldymca.org

### Y Facility Hours:

Monday-Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 4:00 pm
Sunday	8:00 am - 4:00 pm

TOGETHER ENRICHING LIVES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GO AHEAD, LIVE A LITTLE



## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

### SilverSneakers® Membership & Fitness Classes

## OCTOBER 2024

## INTRODUCTION

The Marshfield Clinic Health System YMCA is the #1 provider in the area of the SilverSneakers Fitness Program, an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. A SilverSneakers Membership plus SilverSneakers Fitness Classes at the Marshfield Clinic Health System YMCA is available at no cost for adults 65+ through select Medicare plans.

## MEDICARE COVERAGE

Several Medicare supplemental insurance plans provide the added benefit of a Y membership. For the adults covered under these plans, their Y membership is free. As a SilverSneakers member, you are entitled to all the same facility access and benefits of any other Y member. Check with your insurance carrier or contact the YMCA at 715.387.4900 to check on your eligibility.

To see if you are eligible or get more information:

**Call toll-free:** 866-584-7389

Monday – Friday, 8 am – 8 pm EST

**E-mail:** silversneakerswebcontact@healthways.com

**Visit:** www.silversneakers.com

## DON'T WAIT!

### START WITH 3 EASY STEPS

1. See if you have SilverSneakers with your Medicare Advantage Plan.
2. Create an online SilverSneakers account.
3. Visit the Y to join as a SilverSneakers member and register for SilverSneakers fitness classes.

# SILVERSNEAKERS FITNESS CLASSES

## SILVERSNEAKERS CLASSIC

Increase your cardiovascular and muscular endurance power with a standing/seated circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing/seated support, stretching and relaxation exercises.

**Mondays** 8:15 – 9:00 am  
9:15 – 10:00 am

**Wednesdays** 8:15 – 9:00 am  
9:15 – 10:00 am

**Fridays** 9:15 – 10:00 am

Location: Small Gym

Limit: 25 participants per class

## SILVERSNEAKERS CLASSIC LITE

Same structure as SilverSneakers Classic but less intense and modified depending on fitness levels.

**Tuesdays** 9:30 – 10:15 am

Location: Small Gym

Limit: 25 participants per class

## SILVERSNEAKERS STRENGTH & STABILITY

This intermediate class is designed for fall prevention, to help you become stronger and improve balance by focusing on specific exercises and skill drills to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. A chair may be used for balance and support.

**Thursdays** 10:30 – 11:15 am

Location: Studio A

Limit: 22 participants per class

## SILVERSNEAKERS STRENGTH & STABILITY LITE

Same structure as SilverSneakers Strength & Stability but less intense. It can be adapted depending on the skill level of individual participants. A chair may be used for balance and support.

**Wednesdays** 10:15 – 11:00 am

Location: Small Gym

Limit: 22 participants per class

## SILVERSNEAKERS SPLASH **NEW**

This new shallow-water exercise class uses a signature splashboard for stability and resistance training. SilverSneakers Splash is suitable for all skill levels and non-swimmers. The aquatic environment provides many benefits for range-of-motion, aerobic and resistance training.

**Tuesdays** 8:30 – 9:15 am

**Wednesdays** 9:30 – 10:15 am

Location: Small Pool

Limit: 12 participants per class

## SILVERSNEAKERS YOGA

This class is designed to increase flexibility, balance and range of movement and includes a variety of floor, seated and standing yoga poses with chair support if needed. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is an intermediate Yoga class for participants who are able to get down and up from the floor.

**Mondays** 10:15 – 11:00 am

Location: Studio A

Limit: 22 participants per class

## SILVERSNEAKERS YOGA LITE

Move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

**Tuesdays** 10:30 – 11:15 am

**Thursdays** 9:30 – 10:15 am

Location: Studio A

Limit: 22 participants per class

### Prefer Online to In-Person SilverSneakers Classes?

From the comfort of your home, enjoy virtual or on-demand classes and workshops directly through the SilverSneakers website at no additional cost to members only. Visit [www.silversneakers.com](http://www.silversneakers.com) to learn more about online classes.