



Now Offering SilverSneakers®! Enrollment Begins August 1st



Sharonville Community Center is pleased to offer SilverSneakers®, a leading fitness program designed specifically for older adults. This program is available to you through your insurance or Medicare plan, it will cover your membership fee to Sharonville Community Center. In addition to your full Membership you will enjoy access to all SilverSneakers classes, amenities, and drop in programs at our facility!

WHEN

Enrollment Begins August 1st
Classes start on August 15th

WHERE

Sharonville Community Center

WHY

Through SilverSneakers you now have classes right in your neighborhood!

HOW

1. Check with you insurance or Medicare plan to see if you're eligible
2. Sign up at the Sharonville Community Center
3. Make sure to bring your 16 digit code to the Sharonville Community Center

It's As Easy As 1-2-3!

Group Exercise Classes:

We offer a SilverSneakers branded class format five times a week.

Classic

BOOM Move it

BOOM Muscle

Facility amenities included in membership:

Fitness Center

Gymnasium

Indoor Walking/Running Track

Lighted Tennis Courts

Outdoor Swimming Pool

Ongoing Drop In programs included in the full facility membership:

Silver Sneaker Classic and Boom Group Exercise Classes (Beginning week of August 15,

2016)

Card Play

Chair Volleyball

Corn Hole

Creative Expressive Singing

Creative Writing

Lunch and Learns

Model Building

Needle Arts

Open Studio Watercolor Painting

Pickle Ball

Table Tennis

Wood Carving