

SilverSneakers Now Available at Normal Township's Activity and Recreation Center

Press release from: [Activity and Recreation Center](#)

Normal Township's Activity and Recreation Center (ARC), located at 600 E Willow in Normal, is excited to announce its partnership with SilverSneakers. As a partner with the nationally recognized Healthways SilverSneakers® Fitness Program, the ARC is able to reduce costs for many Medicare eligible members. Any senior who is a member of SilverSneakers can receive a free annual membership to the ARC, a \$30/year savings. Membership to the ARC includes access to an indoor walking track, fitness center with cardio and weight training equipment, pickleball courts, and billiards, as well as low-priced dance, fitness, Tai Chi, and yoga classes.

"We have members at every fitness level: members who train year round for competition and other members who have gained the strength to retire walking aids. There are classes outside of traditional work hours on evenings and weekends for members who are employed, and classes where the majority of participants are weight-lifters in their 80s," says Sarah Grammer, Normal Township Supervisor. "Regardless of whether you're 55 or 105, you are going to find something that you love at the ARC, and our members will welcome you and help you get involved!"

"At ARC, we're about building relationships," says Mindy Morgan, Director of Operations. "We want to promote not just physical fitness but also the social connections that aging adults need. Come to work out, sign up for a bus trip, play a round of cards, find a circle of friends!"

Participants in SilverSneakers can stop by the ARC to take a tour and sign up for a free membership starting Tuesday, January 2nd. The ARC is open 6:30 AM – 7:00 PM Monday through Friday and 8:00 AM – Noon on Saturdays.

The SilverSneakers® Fitness Program is offered by Healthways, an industry leader providing specialized, comprehensive Health and Care Support solutions to help people maintain or improve their health. SilverSneakers was founded in 1992 and is the nation's leading exercise program designed exclusively for older adults, offering an innovative blend of physical activity, healthy lifestyle and socially-oriented programming. The unique program is available at no additional cost (other than any medical plan premium) to eligible Medicare health plan members and group retirees at more than 9,000 participating fitness and wellness centers in all 50 states, Puerto Rico and D.C. For more information on SilverSneakers, call 888-423-4632 or visit www.silversneakers.com.

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