

AUTHORIZED HEALTHCARE FITNESS PROGRAMS

Tivity SilverSneakers® & Prime Programs



If you are 65 years of age or older, you may be eligible for Tivity SilverSneakers® Program. Eligibility is based on enrollment in Medicare and allowance from your secondary health insurer.

We are also an authorized site for PRIME members as well. All SilverSneakers® and Prime Health members must bring in their SilverSneakers® and Prime number or Tivity issued card along with complete proper paperwork to obtain a photo ID card at the front desk before using the facility. It's fast and easy to do.



Optum® Fitness Advantage- Renew Active

With Optum® Fitness Advantage, from UnitedHealthcare®, it's easy to keep your fitness routine fresh and fun. When you visit our location, you'll have access to a variety of exercise classes, fitness equipment and social activities. And you can visit us at no additional cost to you, since Optum Fitness Advantage is part of your UnitedHealthcare Medicare Advantage plan.

If you have questions about Optum Fitness Advantage, please call the toll-free Customer Service number printed on the back of your member ID card.

All Optum® Fitness Advantage members must bring in their confirmation number along with complete proper paperwork to obtain a photo ID card at the front desk before using the facility. It's fast and easy to do.



AARP Medicare Supplement Program (those with AARP United Health Care Supplement plan) effective January 1, 2019

Membership Rates (per person)

- Westlake Residents: \$97.50*
- Others: \$122.50*

Available for those who have AARP and United Healthcare and does not include group exercise classes

Group Exercise Rates (per person)

- Drop in Rate per class \$5
- 6 month group exercise \$50**
- 1 year group exercise \$85**

**Pass is good for the following ONLY:

- 9:00am-12:45pm Sun-Fri for those marked SS on the schedule. Must purchase membership to the rec center to enjoy these rates.
- Full Group exercise pass \$250 per member



ACTIVE AGERS PROGRAMS

Silver Sneakers® Exercise Programs

“Golden Gang” Cardio Express (30 min.)

Silver Sneakers Classic® (45-60 min.)

SilverSneakers Chair Yoga® (60 min.)

Senior Strength (Silver Sneaker eligible class)
(45min.)

Zumba Gold® (50 min.)

See current monthly schedule for class times
and days.



Senior Walking Pass

Did you know that we offer a Senior Walking Pass for Westlake residents ages 60+. This \$5 pass allows you to walk on the indoor track Monday- Friday from 10:00am to 2:00pm. Walking Pass is ONLY for use of the indoor track during these days/ times. Proper identification is required.

Blood Pressure Screenings

3rd Wednesday of every month
9:30-10:30am

Sponsored by Brighton Gardens of Westlake



4th Monday of each month
6:00-8:00pm

Sponsored by UH/ St. John Medical Center



Spring into Action

Join us at Meadowood Golf Course for this meet and greet to kick off the Summer. Dinner will be provided. We ask that everyone either bring a salad or dessert to share. Cost is free
307701-07 Fri, 4/26 5:30pm

Other trips will be Indians game, Crushers game, a boat ride and a wine tasting trip.

Watch for posters in the lobby for dates and pricing information.

Information is subject to change. Visit us at <https://www.cityofwestlake.org/Recreation>.