

Union

Lewisburg/Milton
Heart Line Health & Fitness
 3114 Rte. 405
 570-524-5200
 Amenities: E, S, SC

York

Dover
Bob Hoffman YMCA
 1705 Palomino Rd.
 717-292-5622
 Amenities: E, SC

Hanover

Club 2000 Health & Fitness Center
 28 Baltimore St.
 717-632-6009
 Amenities: E, SC

Shrewsbury

Southern Branch YMCA
 100 Constitution Ave.
 717-235-0446
 Amenities: E, P, SC

York

Eastern York County YMCA
 4075 E. Market St., Ste. 2
 717-755-7144
 Amenities: E, SC

Leader Health & Fitness

2500 S. George St.
 717-747-8590
 Amenities: E, P*, SC

YMCA of York

90 N. Newberry St.
 717-843-7884
 Amenities: E, P, SC

Amenities Legend

- E** Exercise Equipment
- S** Steam/Sauna
- P** Pool
- W** Whirlpool
- SC** SilverSneakers® Classes
- *** Seasonal pool

Enroll today

in the SilverSneakers® Fitness Program.



As a member of Highmark, your membership entitles you to the SilverSneakers® Fitness Program so you can participate at any SilverSneakers fitness center at no additional cost to your monthly health plan premium.

The SilverSneakers Fitness Program includes:

Fitness Center Membership Benefits

Get more active with people just like you. Enjoy a full basic membership including conditioning classes and the use of strength tools, pools, steam/sauna rooms and more. Highmark Blue Shield has approved each of the fitness locations for its warm, friendly and safe environment.*

Fitness Classes Including SilverSneakers®

SilverSneakers® Classes are perfect for you and will benefit you regardless of your fitness level. You'll increase your strength and flexibility and start to feel good all over! Chairs are also available if you would like a little extra support. SilverSneakers Classes are safe, fun and taught by certified instructors.

Senior Advisor™ Assistance

A helpful, caring, specially trained Senior Advisor is waiting to welcome you to the fitness center and acquaint you with the SilverSneakers Fitness Program. The Senior Advisor is on hand to help you choose the activities that are appropriate for you.

Social Events

SilverSneakers includes special events where you can make new friends with some great people!

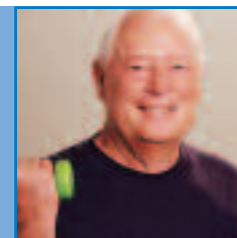
To enroll, take your membership card to a participating fitness center (see list beginning on page two). For the most current list, visit www.silversneakers.com or call Member Services at the number listed on your member ID card.

* Not all services are available at all locations.

If you want more information on the SilverSneakers Fitness Program, please call the toll-free Member Service phone number on your Highmark identification card.

www.silversneakers.com

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Special Physical Activity Instructions: _____

Participating SilverSneakers Fitness Centers

**Adams
Gettysburg**
Gettysburg Rehab at Herr's Ridge
820 Chambersburg Rd.
717-337-4206
Amenities: E, P, SC

Go Sport Physical Therapy
705 Old Harrisburg Rd., Ste. 4
717-337-3300
Amenities: E, P, SC

**Berks
Reading**
Jewish Community Center of Reading
1700 City Line St.
610-921-0624
Amenities: E, S, P, W, SC

**Sinking Spring
Colonial Fitness**
172 Shillington Rd.
610-777-7801
Amenities: E, S, SC

Spring Valley Athletic Club
4920 Penn Ave.
610-678-0484
Amenities: E, S, SC

Temple
Bodyworks Health & Fitness Club
5370 N. 5th St. Hwy.
610-921-2422
Amenities: E, SC

Wyomissing
Body Zone Sports & Wellness Complex
3103 Paper Mill Rd.
610-376-2100
Amenities: E, P, W, SC

Wyomissing Health Club
950 N. Wyomissing Blvd.
610-374-7001
Amenities: E, S, P, SC

**Centre
Phillipsburg**
Moshannon Valley YMCA
113 15th St.
814-342-0889
Amenities: E, SC

**Columbia
Berwick**
Berwick Area YMCA
231 W. 3rd St.
570-752-5981
Amenities: E, S, P, SC

Bloomsburg
Bloomsburg Area YMCA
30 E. 7th St.
570-784-0188
Amenities: E, P, SC

**Cumberland
Camp Hill**
C5 Fitness - West
3608 Hartzdale Dr.
717-730-8700
Amenities: E, S, SC

Carlisle
Gold's Gym - Carlisle
1225 Ritner Hwy.
717-218-0282
Amenities: E, S, SC

Shippensburg
Shippensburg Fitness Center
117 W. Burd St.
717-530-1668
Amenities: E, S, SC

**Dauphin
Harrisburg**
C5 at Platinum Health & Fitness
7015 Old Jonestown Rd.
717-652-7490
Amenities: E, S, SC

Harrisburg/Camp Hill
C5 Fitness - East
420 Amity Rd.
717-232-4700
Amenities: E, S, SC

Hershey
The Family Athletic Club of Hershey
3003 Elizabethtown Rd.
717-534-2340
Amenities: E, SC

**Franklin
Chambersburg**
Results Therapy & Fitness
1600 Orchard Dr.
717-262-4650
Amenities: E, SC

**Juniata
McAlisterville**
Fayette Area Lions Den Fitness
& Recreation Center
10 Sieber Rd.
717-463-3300
Amenities: E, SC

**Lackawanna
Clarks Summit**
Abington Senior Center
1151 Winola Rd.
570-586-8996
Amenities: SC

Birchwood Tennis & Fitness Club
105 Edella Rd.
570-586-4030
Amenities: E, S, SC

Daleville
North Pocono FitnessQuest
6270 Rte. 502
570-842-2000
Amenities: E, S, SC

Mayfield
Racquetees Fitness and Health
603 Rte. 6
570-876-5432
Amenities: E, S, SC

Scranton
Downtown Fitness
117 Wyoming Ave.
570-344-6002
Amenities: E, SC
Parking validated.

Scranton/Dunmore
Greater Scranton YMCA
706 N. Blakely St.
570-342-8115
Amenities: E, P, W, SC

**United Neighborhood Centers
West Side Senior Center**
1004 Jackson St.
570-961-1592
Amenities: SC

**Lancaster
Elizabethtown**
Masonic Life Center
Masonic Village at Elizabethtown;
One Masonic Dr.
717-361-5699
Amenities: E, P, W, SC

Lancaster
Universal Athletic Club
2323 Oregon Pike
717-569-5396
Amenities: E, S, P, W, SC

**Lebanon
Annville**
Annville Fitness Center
807 E. Main St. (rear)
717-867-2421
Amenities: E, SC

**Lehigh
Allentown**
Allentown YMCA & YWCA
425 S. 15th St.
610-434-9333
Amenities: E, S, P, SC

Catasauqua
Suburban North Family YMCA
880 Walnut St.
610-264-5221
Amenities: E, S, SC

Macungie
Elite Fitness
161 E. Main St.
610-966-6464
Amenities: E, SC

**Luzerne
Dallas**
Shapes Total Fitness
1144 Memorial Hwy.
570-675-4141
Amenities: E, S, SC

Hazleton/Conyngham
Gerrie's Fitness Center
20 Gould's Ln.
570-788-3881
Amenities: E, SC

Pittston
Greater Pittston YMCA
10 N. Main St.
570-655-2255
Amenities: E, S, P, SC

Wilkes-Barre
Wilkes-Barre Family YMCA
40 W. Northampton St.
570-823-2191
Amenities: E, P, SC

**Mifflin
Lewistown/Burnham**
Juniata Valley YMCA
105 1st Ave.
717-248-5019
Amenities: E, P, SC

**Northampton
Bethlehem**
Bethlehem YMCA
430 E. Broad St.
610-867-7588
Amenities: E, P, SC

Nazareth
Nazareth YMCA
33 S. Main St.
610-759-3440
Amenities: E, S, P, W, SC

**Northumberland
Elysburg**
Results Gym and Spa
11 W. Mill St.
570-672-9348
Amenities: E, S, SC

**Perry
Duncannon**
Duncannon Senior Citizens Center
27 N. High St.
717-834-4777
Amenities: SC

**Schuylkill
St. Clair**
Xtreme Fitness
17 N. Front St.
570-429-2404
Amenities: E, SC

Tamaqua
The Station
109 W. Cottage Ave.
570-668-4013
Amenities: E, S, SC

**Snyder
Shamokin Dam**
Champs Fitness and Sports Center
15 Stetler Ave.
570-743-6411
Amenities: E, S, SC

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