



YOU CAN TAKE *control* OF YOUR HEALTH.
IT'S YOUR DECISION.



The SilverSneakers Fitness Program, designed exclusively for Medicare-eligible individuals, offers physical activity, health education and social events.

With the SilverSneakers premier network, you'll have a **complimentary membership with access to a variety of participating locations** throughout the country. Many sites offer amenities such as

- fitness equipment, treadmills and free weights
- the signature SilverSneakers Fitness Program classes, designed specifically for older adults and taught by certified instructors
- additional signature classes such as SilverSplash® and YogaStretch (at select locations)

Each location has a designated staff member to help you along the way.

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If you're ready to get active and lead a *healthier lifestyle*, then make another *good decision*.

Enroll in a Health Net Medicare Advantage plan today and enjoy fitness, fun and friends with the SilverSneakers® Fitness Program at no additional cost. SilverSneakers is the nation's leading exercise and physical activity program designed specifically for older adults.

Health Net wants to empower you to live healthier and longer. That's why we offer the SilverSneakers Fitness Program as one of our many benefits.

To become a Health Net member or to receive additional information, call **1-800-333-3930** (TTY 1-800-977-6757), 8:00 a.m. to 8:00 p.m., seven days a week.

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ANOTHER OPTION FOR YOU

SilverSneakers® Steps

If you live 15 miles or more from a SilverSneakers fitness site, you can join SilverSneakers Steps. This exercise program gives you tools to help you be healthier by exercising at home. Steps members get a kit that includes exercise bands, an exercise DVD and “how-to” material.



www.healthnet.com

Health Net. A Medicare Advantage organization with a Medicare contract. You must be a member of a Health Net Medicare Advantage Plan in order to apply for a Health Net's SilverSneakers Program. Limitations, copayments, and restrictions may apply. For more information, contact the plan. The SilverSneakers Fitness Program is offered by Health Net Medicare Advantage (MA) Plans in Cochise, Maricopa, Pima, Pinal, and Santa Cruz counties.

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Participating Locations



Apache Junction
Apache Junction
Multigenerational Center
 1035 N. Idaho Rd.
 (480) 474-5240
 Amenities: E, SC

Benson
Frontier Fitness Club
 500 S. Hwy. 80
 (520) 586-3326
 Amenities: E, S

Buckeye
Buckeye Community
Center
 201 E. Centre Ave.
 (623) 349-6600
 Amenities: SC

Casa Grande
24-7 Fitness
 2080 N. Trezell Rd.
 (520) 836-0613
 Amenities: E, S, W, SC

Snap Fitness -
Casa Grande
 973 E. Cottonwood Lane
 (520) 423-0123
 Amenities: E, SC

Chandler
Fitness Forum
 2130 W. Chandler Blvd.
 (480) 812-0200
 Amenities: E, S, P, W, SC

Fitness Works
 3050 S. Gilbert Rd.
 (480) 413-1111
 Amenities: E, S, P, W, SC

Snap Fitness - Chandler
 990 E. Riggs Rd., Ste. 4
 (480) 369-4457
 Amenities: E

Coolidge
Central Arizona College
 8470 N. Overfield Rd.
 (520) 494-5300
 Amenities: E, P, SC

Fountain Hills
Anytime Fitness -
Fountain Hills
 16650 E. Palisades Blvd.,
 Ste. 109
 (480) 837-5151
 Amenities: E, SC

Gilbert
24 Hour Fitness -
Gilbert Sport
 97 S. Val Vista Dr.
 (480) 497-4424
 Amenities: E, S, P, W, SC

Gilbert (cont.)
Fitness Works - Gilbert
 1668 N. Higley Rd.
 (480) 396-0086
 Amenities: E, S, P, W, SC

Snap Fitness - Gilbert
 1459 S. Higley Rd.
 (480) 840-6363
 Amenities: E

YMCA Family Center at
Power Ranch
 4546 E. Haven Crest
 (480) 279-2807
 Amenities: E, SC

Glendale
24 Hour Fitness -
Glendale Bell Sport
 4316 W. Bell Rd.
 (602) 942-4434
 Amenities: E, S, P, W, SC

Glendale Community
College Fitness Center
 6000 W. Olive Ave.
 (623) 845-3801
 Amenities: E, SC

Glendale (cont.)
Glendale Community
College North
 5727 W. Happy Valley
 Rd.
 (623) 845-4030
 Amenities: E, SC

Glendale/Peoria YMCA
 14711 N. 59th Ave.
 (602) 588-9622
 Amenities: E, P, SC

Goodyear
Life Time Fitness -
Goodyear
 14540 W. McDowell Rd.
 (623) 536-9595
 Amenities: E, S, P, W, SC

Southwest Valley
Regional YMCA
 2919 N. Litchfield Rd.
 (623) 935-5193
 Amenities: E, P, SC

Amenities Legend

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

Lists are updated regularly.
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Participating Locations (cont.)

Green Valley

Independent Lifestyle Fitness/Body Start Health and Fitness
1660 W. Commerce Pt. Pl.
(520) 399-3405
Amenities: E, SC

Maricopa

Anytime Fitness - Maricopa
20924 N. John Wayne Pkwy., Ste. D-4
(520) 568-5226
Amenities: E, SC

Mesa

Bally Total Fitness - Mesa
1350 S. Longmore Rd.
(480) 844-7227
Amenities: E, SC

East Valley

Family YMCA
1807 S. Sunview
(480) 649-9622
Amenities: E, P, W, SC

Fitness Works

6040 E. Brown Rd.
(480) 807-5080
Amenities: E, S, P, W, SC

Mesa (cont.)

Mesa Family YMCA
207 N. Mesa Dr.
(480) 969-8166
Amenities: E, P, SC

Red Mountain Multigenerational Center

7550 E. Adobe
(480) 644-4810
Amenities: E, SC

Nogales

Fitness Express
2051 N. Grand Ave.
(520) 761-4820
Amenities: E, SC

Peoria

Fitness One
9028 W. Union Hills Dr. Ste. 1
(623) 376-7888
Amenities: E, SC

Rio Vista

Recreation Center
Inside Rio Vista Park
8866-A W. Thunderbird Rd.
(623) 773-8600
Amenities: E, SC

Phoenix

24 Hour Fitness - Bell Rd & 32nd Street Active
3301 E. Bell Rd.
(602) 567-0240
Amenities: E, SC

24 Hour Fitness - Camelback Sport
3233 E. Camelback Rd.
(602) 224-9394
Amenities: E, S, P, W, SC

24 Hour Fitness - Metro Parkway Sport
10046 N. Metro Pkwy. W.
(602) 281-1132
Amenities: E, S, P, W, SC

Ahwatukee Foothills YMCA
1030 E. Liberty Ln.
(480) 759-6762
Amenities: E, P, SC

Bally Total Fitness - Cave Creek
12235 N. Cave Creek Rd.
(602) 482-1151
Amenities: E, S, P, W, SC

Chris-Town YMCA
5517 N. 17th Ave.
(602) 242-7717
Amenities: E, P, SC

Phoenix (cont.)

Fitness One
3850 W. Happy Valley Rd.
(623) 869-0446
Amenities: E

Fitness Works - Glendale
9675 W. Camelback Rd.
(623) 872-8000
Amenities: E, S, P, W, SC

Lincoln Family Phoenix Downtown YMCA
350 N. 1st Ave.
(602) 257-5138
Amenities: E, S, P, W, SC

Maryvale Family YMCA
3825 N. 67th Ave.
(623) 873-9622
Amenities: E, P, SC

Paradise Valley Community College Fitness Center
18401 N. 32nd St.
(602) 787-7270
Amenities: E, SC

Phoenix College Fitness Center
1202 W. Thomas Rd.
(602) 285-7296
Amenities: E, SC

Amenities Legend

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

Lists are updated regularly.
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Participating Locations (cont.)

Phoenix (cont.)

South Mountain YMCA
222 E. Olympic Dr.
(602) 276-4246
Amenities: E, P, SC

The Family Life Center
North Phoenix Baptist
Church 5757 N.
Central Ave.
(602) 707-5903
Amenities: E, S, SC

Queen Creek
Copper Basin YMCA
28300 N. Main St.
(480) 882-2242
Amenities: E, P, W, SC

Snap Fitness -
Queen Creek
21258 E. Rittenhouse
(480) 987-1255
Amenities: E

Rio Rico
Fit by Fitness Express
389 Coatimundi Ave.
(520) 281-8370
Amenities: E, P*, SC

Scottsdale
24 Hour Fitness -
Scottsdale Sport
13220 N. Scottsdale Rd.
(480) 951-8883
Amenities: E, S, P, W, SC

Scottsdale (cont.)

Desert Foothills
Family YMCA
34250 N. 60th St.
Bldg. C
(480) 596-9622
Amenities: E, P, SC

Fitness Experience
10155 E. Via Linda
(480) 451-7650
Amenities: E, S, SC

Scottsdale Community
College Fitness Center
9000 E. Chaparral Rd.
(480) 423-6604
Amenities: E, SC

Scottsdale/Paradise
Valley YMCA
6869 E. Shea Blvd.
(480) 951-9622
Amenities: E, P, SC

Sierra Vista
Cochise Health &
Racquet Club
4225 Avenida Cochise
(520) 458-7075
Amenities: E, S, P*, W,
SC

Sun Lakes

Ironoaks Fitness and
Tennis Center
24210 S. Oakwood Blvd.
(480) 802-6853
Amenities: E, S, P, W, SC

Surprise
Fitness One
16630 W. Greenway Rd.,
Ste. 307
(623) 594-4887
Amenities: E, SC

Tempe
Tempe Northside
Multi-Generational
Center
1555 N. Bridalwreath St.
(480) 858-6500
Amenities: E, SC

Tempe YMCA
7070 S. Rural Rd.
(480) 730-0240
Amenities: E, P, W, SC

Tucson
Bally Total Fitness -
Tucson
4690 N. Oracle Rd., #100
(520) 293-2330
Amenities: E, P, W, SC

Tucson (cont.)

Desert Sports & Fitness
2480 N. Pantano Rd.
(520) 722-6300
Amenities: E, S, P, W, SC

Desert Sports & Fitness
3672 S. 16th Ave.
(520) 791-7799
Amenities: E, SC

Desert Sports &
Fitness - Thornydale
9725 N. Thornydale
(520) 219-4891
Amenities: E

Desert Sports &
Fitness Express
3030 W. Valencia Rd.,
#272
(520) 908-3319
Amenities: E

FIT at the River
2404 E. River Rd. Bldg. 1
(520) 690-9299
Amenities: E, SC

FitCenter
5555 E. 5th St.
(520) 571-7000
Amenities: E, S, P, W, SC

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A Medicare Advantage organization with a
Medicare contract.

Amenities Legend

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

Participating Locations (cont.)

Tucson (cont.)

Gold's Gym - East

5851 E. Speedway Blvd.
(520) 751-0303
Amenities: E, S, P, W, SC

Gold's Gym Northwest

7315 N. Oracle Rd.
(520) 297-8000
Amenities: E, S, P, W, SC

Highlands Mobile Home Estate Clubhouse

332 W. Matterhorn St.
(520) 297-2722
Amenities: SC

La Mariposa Fitness and Sports

1501 N. Houghton Rd.
(520) 749-1099
Amenities: E, S, P, W, SC

Lighthouse/City YMCA

2900 N. Columbus Blvd.
(520) 795-9725
Amenities: E, P, W, SC

Lohse Family YMCA

60 W. Alameda St.
(520) 623-5200
Amenities: E, S, P, W, SC

Tucson (cont.)

Mid-Valley Athletic Club

140 S. Tucson Blvd.
(520) 792-3654
Amenities: E, S, P, W, SC

Ott Family YMCA

401 S. Prudence
(520) 885-2317
Amenities: E, P, W, SC

Pro Fitness & Health

1290 W. Prince
(520) 495-4987
Amenities: E, S, P, W, SC

Snap Fitness - Tucson

8816 E. Broadway Blvd.
(520) 546-1114
Amenities: E

Snap Fitness - Tucson

7545 S. Houghton Rd.
Ste. 3
(520) 572-8788
Amenities: E

Snap Fitness - Tucson

8567 N. Silverbell
(520) 395-2210
Amenities: E

Tucson (cont.)

Tucson Jewish Community Center

3800 E. River Rd.
(520) 299-3000
Amenities: E, S, P, W, SC

Wickenburg

Wickenburg Community Hospital Fitness Center
520 Rose Ln.
(928) 668-1847
Amenities: E, SC

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Amenities Legend

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