



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



SilverSneakers includes:

- A basic membership at a participating location near you with access to all the amenities offered at that site (see list inside)
- Use of any participating location throughout the U.S. when you travel
- SilverSneakers classes specially designed for older adults who want to increase strength, flexibility, balance and endurance
- Health education seminars and other special events with people who share your interest in leading a healthier lifestyle

*The SilverSneakers Fitness Program is a winner of the 2004 HAN Award from the Healthcare and Aging Network of the American Society on Aging.

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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 HMO plan today and enjoy all the benefits of the award-winning* 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.

HEALTH NET | A *better* DECISIONSM

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 6:00 p.m., Monday through Friday.

SC5108

Participating Locations



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

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

Casa Grande
Casa Grande Fitness &
Racquet Club
 2080 N. Trekell Rd.
 520-836-0613
 Amenities: E, S, W, SC

Chandler
Chandler-Gilbert
Community College -
Pecos Campus
 2626 E. Pecos Rd.
 480-732-7200
 Amenities: E, SC

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, W, P, SC

Cottonwood
Valley Athletic Club
 904 N. Main St.
 928-634-9886
 Amenities: E, S, SC

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

Gilbert
Bally Total Fitness - Gilbert
 855 N. Gilbert Rd.
 480-539-0352
 Amenities: E, S, SC

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

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

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

Goodyear
Infinity Fitness Center
 255 N. Litchfield Rd.
 623-882-3700
 Amenities: E, SC

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

Green Valley
Independent Lifestyle
Fitness Center
 630 W. Ward Lane, Ste. 132
 & 142
 520-625-9649
 Amenities: 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

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

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

Pure Fitness - Mesa
 931 S. Gilbert Rd.
 480-497-9989
 Amenities: E, S, P, W, 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

Phoenix
Arizona Grand
 8000 S. Arizona Grand Pkwy.
 602-431-6484
 Amenities: E, S, P, W, SC

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

Phoenix (cont.)
Bally Total Fitness - Estes
 15401 N. 29th Ave.
 Arizona Business Park
 602-993-3366
 Amenities: E, S, P, W, SC

Bally Total Fitness -
Indian School
 3921 E. Indian School Rd.
 602-956-4116
 Amenities: E, SC

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

Fitness West
 6850 W. Indian School Rd.
 623-846-6884
 Amenities: E, S, P, W, SC

Lincoln Family Phoenix
Downtown YMCA
 350 N. 1st Ave.
 602-257-5138
 Amenities: E, S, P, W, 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.
 602-285-7225
 Amenities: E, SC

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

The Family Life Center
 5757 N. Central Ave.
 602-707-5903
 Amenities: E, S, SC
 Located on the campus
 of North Phoenix Baptist
 Church

Prescott
Prescott Downtown
Athletic Club
 130 N. Cortez
 928-445-0204
 Amenities: E, S, W, SC

Prescott Valley
Anytime Fitness -
Prescott Valley
 6715 E. 2nd St., Ste. A
 928-443-5701
 Amenities: E, SC

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

Scottsdale
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

Sedona
Sedona Community Center
 2615 Melody Ln.
 928-282-2834
 Amenities: SC

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

Sun Lakes
MaxLife
 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

Fitness One
 12851 W. Bell Rd., Ste. 22
 623-977-7588
 Amenities: E, SC

Tempe
Tempe Northside Multi-
generational Center
 1555 N. Bridalwreath St.
 480-858-6500
 Amenities: SC

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

Tucson
Arizona Swim and Fitness
 1290 W. Prince
 520-408-2888
 Amenities: E, S, P, W, SC

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

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

Tucson (cont.)
FIT at the River
 4892 N. Stone Ave., Ste. 160
 520-690-9299
 Amenities: E, SC

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

Gold's Gym - East
 5851 E. Speedway Blvd.
 520-751-0303
 Amenities: E, S, W, P, 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
 520-297-2722
 Amenities: 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

Mid-Valley Athletic Club
 140 S. Tucson Blvd.
 520-792-3654
 Amenities: E, S, P, W, SC

Northwest Family YMCA
 7770 N. Shannon Rd.
 520-229-9001
 Amenities: E, P, SC

Tucson (cont.)
Ott Family YMCA
 401 S. Prudence
 520-885-2317
 Amenities: E, P, W, SC

Tucson Jewish
Community Center
 3800 E. River Rd.
 520-299-3000
 Amenities: E, S, P, W, SC

Amenities Legend

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

I joined SilverSneakers to stay in shape, but I'm also meeting a lot of great people. Keep it up – SilverSneakers is a great program!

Jim Newton - Mesa, AZ

Lists are updated regularly.
 Please visit www.healthnet.com for the latest list.



The SilverSneakers Fitness Program is offered by Health Net Medicare Advantage (MA) HMO Plans in Cochise, Maricopa, Pima, Pinal, Santa Cruz and Yavapai counties. Health Net of Arizona, Inc. is a Medicare Advantage Organization with a Medicare contract. This contract is renewed annually, and availability of coverage beyond the end of the current contract year is not guaranteed. Anyone entitled to Medicare Part A and enrolled in Part B may apply. Medicare beneficiaries can only enroll in these plans during certain times of the year; please contact Health Net at the phone number provided for more information. Health Net MA HMO plan members must receive all routine care from plan providers and must continue to pay Medicare Part B premiums if not otherwise paid for under Medicaid or by another third party. Benefits vary by plan, and limitations, copayments, and coinsurances may apply. Health Net® is a registered service mark of Health Net, Inc. All rights reserved. SilverSneakers® is a registered mark of Healthways Health Support, LLC.

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