



BENEFITS OF A SILVERSNEAKERS MEMBERSHIP AT THE MARSHFIELD CLINIC HEALTH SYSTEM YMCA NEILLSVILLE CENTER

In addition to continued improved strength and endurance, and social interaction and fun, enjoy unlimited access to the Neillsville YMCA facility and fitness equipment including:

- Treadmills
- Sci Fit Total Body Cardio Machines
- Recumbent & Upright Bike
- Elliptical Trainers
- Climbmill
- Strength Training Equipment
- SilverSneakers Fitness Classes
- 24-Hour Healthy Living Center Access
- Free Equipment Orientations
- Wellness Orientations & Fit Start Program

Wellness coaches are available and free with your membership, offering step-by-step guidance and support during your health and wellness journey.

SILVERSNEAKERS FITNESS CLASS FEES

YMCA MEMBERS: FREE

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class. Download our new mobile app to access our registration page.

NON-MEMBERS: DAY PASS FEE

Individual = \$10

Family = \$25

MARSHFIELD CLINIC HEALTH SYSTEM YMCA Neillsville Center

N3708 River Avenue, Suite C

Neillsville, WI 54456

715.743.2065

neillsvilley@mfldymca.org

www.mfldymca.org/neillsville

Business Hours Vary

For inquiries, contact our Membership office at 715.743.2065

24/7 Facility Access:

24 Hours, 7 Days, 52 Weeks

TOGETHER ENRICHING LIVES



Marshfield Clinic Health System



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GO AHEAD, LIVE A LITTLE



MARSHFIELD CLINIC HEALTH SYSTEM YMCA Neillsville Center

SilverSneakers® Membership & Fitness Classes

MAY 2024

INTRODUCTION

The Marshfield Clinic Health System YMCA is the #1 provider in the area of the SilverSneakers Fitness Program, an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. A SilverSneakers Membership plus SilverSneakers Fitness Classes at the Marshfield Clinic Health System YMCA-Neillsville Center is available at no cost for adults 65+ through select Medicare plans.

MEDICARE COVERAGE

Several Medicare supplemental insurance plans provide the added benefit of a Y membership. For the adults covered under these plans, their Y membership is free. As a SilverSneakers member, you are entitled to all the same facility access and benefits of any other Y member. Check with your insurance carrier or contact the YMCA at 715.743.2065 to check on your eligibility.

To see if you are eligible or get more information, contact SilverSneakers directly: Call toll-free: 866-584-7389
Monday – Friday, 8 am – 8 pm EST
E-mail: silversneakerswebcontact@healthways.com
Visit: www.silversneakers.com

DON'T WAIT!

START WITH 3 EASY STEPS

1. See if you have SilverSneakers with your Medicare Advantage Plan.
2. Create an online SilverSneakers account.
3. Visit the Y to join as a SilverSneakers member and register for SilverSneakers fitness classes.

SILVERSNEAKERS FITNESS CLASSES

SILVERSNEAKERS CLASSIC

Increase your cardiovascular and muscular endurance power with a standing/seated circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing or seated support, stretching, and relaxation exercises.

Tuesdays & Thursdays

10:00-10:45 am

Location: YMCA Group Exercise Room

Limit: 10 participants per class

SILVERSNEAKERS CLASSIC LITE

Same structure as SilverSneakers Classic but less intense and modified depending on fitness levels. A chair is used for standing or seated support, stretching, and relaxation exercises.

Wednesdays

2:15-3:00 pm

Location: YMCA Group Exercise Room

Limit: 10 participants per class

SILVERSNEAKERS YOGA & ENERCHI

This is a gentle combination class. Offering TaiChi movements in a flowing sequence to progress strength, balance, and focus. Seated and standing yoga poses help increase flexibility, balance, and range of motion.

Mondays/Thursdays/Fridays

4:45-6:00 pm

Location: YMCA Group Exercise Room

Limit: 10 participants per class

WHAT MEMBERS ARE SAYING...

"Participating in SilverSneakers has enhanced my well-being by permitting me to continue having access to a facility that has high quality exercise equipment in a clean orderly environment. I can do this even though I am on a fixed income. I am proud that I can spend 65 minutes on a SciFit trainer."

"I have been a devoted "gym rat" for almost 40 years. SilverSneakers enables me to have my choice of classes they offer. I'm motivated by how good I feel, how healthy I am and the friends I've made. I'm also able to keep up with my 2 year old grandson!"

"I am 72 years of age. I had a significant stroke five years ago and, thankfully, have recovered from it. I asked my doctor if I could go back to the gym and he said a resounding "yes" but cautioned me that I am no longer 30 years old and to be careful with my routine. I took his advice."



Prefer Online to In-Person SilverSneakers Classes?

From the comfort of your home, enjoy virtual or on-demand classes and workshops directly through the SilverSneakers website at no additional cost to members only. Visit www.silversneakers.com to learn more about online classes.