

Presbyterian Medicare Plans has made staying healthy more affordable.

Presbyterian Senior Care and Presbyterian MediCare PPO offer the SilverSneakers® Fitness Program¹ or SilverSneakers® Steps benefit **at no additional cost!**

With the SilverSneakers Fitness Program, you'll have free access to amenities such as treadmills, weights, heated pool and fitness classes that are included with a basic fitness center membership. You can take signature SilverSneakers classes designed specifically for older adults and taught by certified instructors. Additional SilverSneakers options may be available at selected fitness centers as members' fitness levels progress. A designated fitness center staff member called a Senior AdvisorSM will help you all along the way.

SilverSneakers members have access to more than 2,100 participating fitness centers. Once you're a SilverSneakers member you can use *any* participating location in the nation. (Visit www.silversneakers.com to view lists by state.)

Presbyterian Senior Care and Presbyterian MediCare PPO care about your health. Enroll now and start taking advantage of the SilverSneakers Fitness Program or SilverSneakers Steps – one more benefit just for you. Call today! 1-800-347-4766, TTY/TDD 1-888-625-6429, Monday - Friday 8 a.m. to 5 p.m.



SilverSneakers Steps is available for members living 15 miles or more from a participating fitness center. This self-directed, pedometer-based physical activity and walking program provides the equipment, tools and motivation for you to measure, track and increase your activities and achieve a healthier lifestyle.

Get fit, have fun, make friends!

¹The SilverSneakers Fitness Program is available to members living within 15 miles of a participating SilverSneakers fitness center.

Sponsored by:

Presbyterian Medicare Plans

Participating Fitness Centers

Albuquerque

Defined Fitness - Juan Tabo
3301 Juan Tabo Blvd. N.E., Ste. 100
505-296-7000
Amenities: E, S, P, W, SC

Defined Fitness - McLeod
4930 McLeod Rd. N.E.
505-888-7097
Amenities: E, S, P, W, SC

Defined Fitness - Riverside Plaza
6210 Riverside Plaza Ln. N.W.
505-899-0086
Amenities: E, S, P, W, SC

Heights Family YMCA
4901 Indian School Rd., N.E.
505-265-6971
Amenities: E, P, SC

Mountainside YMCA
12500 Comanche Rd., N.E.
505-292-2298
Amenities: E, P*, SC

New Heart
601 Lomas Blvd. N.E.
505-881-8195
Amenities: E, SC

The Training Sensation
5200 Eubank Blvd. N.E. #C-3
505-292-3696
Amenities: E, SC

Belen
Elite Muscle Gym & Fitness Center
115 S. Main St.
505-864-4210
Amenities: E, SC

Carlsbad
Xtreme Fitness
1101 W. Mermod St.
505-885-8996
Amenities: E, SC

Elephant Butte
Mannon Motion/Jungle Gym
106 Warm Springs Blvd.
505-744-5187
Amenities: E, SC

Española
Gino's Gym / Atlas Fitness Center
1316 Calle Adelante
505-753-5748
Amenities: E, SC

Grants
JHM Fitness Center
1600 Lobo Canyon Rd.
505-287-2462
Amenities: E, S, SC

Las Cruces
Southwest Health & Wellness Center
2404 S. Locust St., Ste. 7
505-521-4188
Amenities: E, P, SC

Southwest Health & Wellness Center
1181 Mall Dr., Ste. D
505-522-5327
Amenities: E, SC

Los Alamos
The Family YMCA
1450 Iris St.
505-662-3100
Amenities: E, S, W, SC

Los Lunas
Main Street Muscle & Fitness Center
435 W. Main St., S.W.
505-865-0139
Amenities: E, SC

Rio Rancho
Defined Fitness - Rio Rancho
4080 Ridge Rock Rd. S.E.
505-892-4080
Amenities: E, S, P, W, SC

Ruidoso
Ruidoso Athletic Club
415 Wingfield St.
505-257-4900
Amenities: E, P, W, SC

Amenities Legend

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

Fitness center lists are updated regularly.
Please visit www.silversneakers.com for the latest list.

Presbyterian Health Plan and Presbyterian Insurance Co. are Medicare Advantage Organizations with contracts with the Centers for Medicare and Medicaid Services (CMS). Members must continue to pay Medicare premiums. SilverSneakers[®] is a registered mark of Axia Health Management, Inc.