

Registered SilverSneakers® Participants

Improve your cardio, strength, coordination & flexibility! This program includes our SilverSneakers® classes listed below, access to the Community Center Wellness Center, Walking Track, Greater Midland Walking Club, 50+ Center Membership, Oasis Pool + Hot Tub open swim, Sauna, East Pool for lap swimming and court sports like pickleball, volleyball, basketball and our North-End Fitness Center.

Beginning September 4th, more classes are available to our SilverSneakers® participants!

SilverSneakers Classic® Fitness Classes:

Monday and Friday 10AM or 11AM

Wednesday 9AM, 10AM or 11AM

SilverSneakers® Yoga:

Tuesday 1pm

Aqua Fit

Tuesday and Thursday 9am

****Must reserve your spot within 48 Hours of each class**

Greater Midland Walking Club:

Tuesday/Thursday 9:00-9:55AM



Are you new to our SilverSneakers® Program or
just want to learn more about the program?

Join us at one of our SilverSneakers® orientations!

We will take a walking tour through the Community Center to see
everything that is included with this Insurance Benefit!

All orientations take place at 11am and begin at the Community Center
Welcome desk. Must RSVP at least 1 week prior by calling 989-832-7937 ext. 2270.
Make us your headquarters for fitness and let SilverSneakers® help you get fit your
way!

Monday, September 11th

Tuesday, September 26th

Monday, October 9th

Tuesday, October 24th



For more information contact:
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