

OLDER-ADULT COMMUNITIES • PARKS • COMMUNITY CENTERS  
AND MORE

Come join the fun!



## GETTING FIT JUST GOT MORE CONVENIENT.

The new SilverSneakers® FLEX™ program brings fitness to your favorite places for **FREE!**

Have fun and get fit with FLEX:

WE CAN'T WAIT TO SEE YOU!

Learn more about the FLEX program, and find out how you can have fun with friends while enjoying an active lifestyle. Visit [silversneakers.com/flex](http://silversneakers.com/flex) to register for classes, or call the instructor listed above for more information.



**FLEX™**  
Community  
Fitness Classes