



# LET'S GET FIT AT HOME™



## Online Exercise Classes at Home

The Silver&Fit® program meets members where they like to work out. The program has Something for Everyone® with virtual offerings that build community and will empower you to move more and live healthier.

From home, you can enjoy:



### Facebook Live Exercise Classes

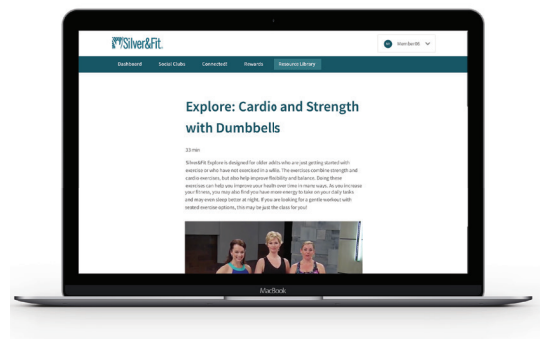
Join live workouts with the Silver&Fit team every Monday - Friday at 10 a.m. PT/1 p.m. ET on the Silver&Fit Facebook page.

**These Facebook Live classes are available to the entire community, not just Silver&Fit members, so tell your friends!** Plus, all classes are saved to the Silver&Fit YouTube page so you can enjoy them at your convenience.



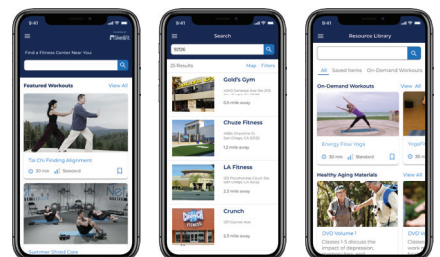
### Signature Series Classes

Watch these popular exercise videos, designed for all fitness levels, right at [www.SilverandFit.com](http://www.SilverandFit.com). Originally created for members working out in fitness centers, the Signature Series classes are now available online to Silver&Fit members.



### Virtual Fitness Workouts

Download the Silver&Fit ASHConnect™ mobile app and log in with your Silver&Fit website username and password to view over 280 virtual fitness workouts.



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