

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.

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Signature Series Classes

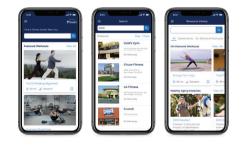
Watch these popular exercise videos, designed for all fitness levels, right at **www.SilverandFit.com.** Originally created for members working out in fitness centers, the Signature Series classes are now available online to Silver&Fit members.



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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