



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

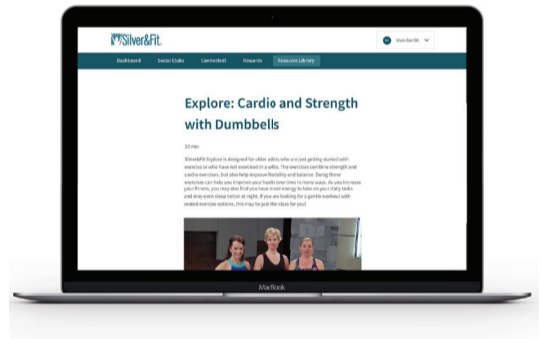
Join live workouts with the Silver&Fit team every Monday - Friday at 10 a.m. PT/1 p.m. ET on the Silver&Fit Facebook page.

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.



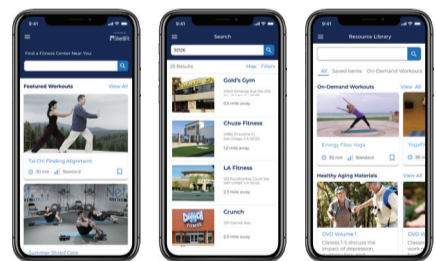
Signature Series Classes

Watch these popular exercise videos, designed for all fitness levels, right at www.SilverandFit.com. 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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