What does a Silver Sneakers member receive?

Silver Sneakers Members receive...

MSC Building Membership
Fitness Center Membership
Waives any memberships fees.

“Free” Exercise Classes
You are allowed to attend both the Silver Sneakers and the Silver&Fit Class!

Health Education Seminars
and other events that promote the benefits of healthy living.

A Senior Advisor at the center to introduce you to Silver Sneakers and acquaint you with the site.

How do I join?

Who is eligible to join Silver Sneakers?

It is available at no additional cost to individuals who belong to participating Medicare health plans or Medicare supplement carriers.

Silver Sneakers Currently Accepts:

Highmark Freedom Blue
Highmark Security Blue
Highmark Medigap Blue
HOP

What if I am a current Silver Sneakers member at another facility?

You will still need to register at the our site to be able to participate in our regularly scheduled programs.

What if I am already a member of the senior center?

You still need to register as a Silver Sneakers member to receive the benefits of the program.

Get fit, have fun, and make friends...

Monroeville Senior Citizens Center

6000 Gateway Campus Blvd.
Monroeville, PA 15146

(412) 856-7825
www.monroeville.pa.us
What do I do once I am registered?

Scan your card!

Once you have filled out the proper forms, you will receive two (2) cards.

An MSC and a Silver Sneakers Card

You are required to scan your MSC card upon entering the building. The two side entrances will not open without the card. If you are entering through the front entrance, please scan your card at the front desk. You will also use this card to unlock the doors to the fitness center.

You will also scan your Silver Sneakers card for “each” activity you attend. Scanners are located at the front desk, exercise room, and the fitness center.

Exercise Programs

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, and elastic tubing with handles are used for resistance. Chair support used.

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles is alternated with non-impact aerobics.

Move your whole body through a complete series of seated and standing yoga poses. Perform a variety of postures designed to increase flexibility, balance, and range of movement.

Schedule of Classes

Silver Sneakers CLASSIC
Monday/Wednesday/Friday
10:30 am - 11:15 am

Silver Sneakers CIRCUIT
Tuesdays, 12:00 - 12:45 pm

Silver Sneakers YOGA
Thursdays, 12:00 - 12:45 pm

Please remember to scan your Membership Cards!

The Monroeville Senior Citizens Center receives funding through the Silver Sneakers program.

Each time you scan your Silver Sneaker card the center receives $3.25. We received over $15,000 in 2014. These funds help offset our yearly operational budget, including the addition of the evening fitness center hours.

Your attendance is also recorded each time you scan your MSC Card. The senior center receives grant funding each year. These funds are rewarded based on our monthly attendance records.

The leading fitness program for older adults!