



SilverSneakers Fitness Program

The SilverSneakers® Fitness Program is the nation's leading fitness program designed exclusively for Medicare-eligibles. The SilverSneakers Fitness Program offers individuals a free fitness membership at a participating SilverSneakers and Silver Access by SilverSneakers location.

The SilverSneakers participating locations offer individuals access to amenities such as treadmills, weights, pool and fitness classes included in a basic membership. Members can also take advantage of the signature SilverSneakers classes taught by certified instructors. Classes can include SilverSneakers® - Muscular Strength & Range of Movement, SilverSneakers® - Cardio Circuit, SilverSneakers® YogaStretch, and SilverSplash®. Class offerings will vary by location.

The Silver Access by SilverSneakers participating locations offer individuals access to amenities, such as treadmills, weights, and pool, included in a basic membership. Members utilizing Silver Access locations can also participate in instructor-led classes at any SilverSneakers location.

Here is a list of participating locations in your area.

SilverSneakers locations				
Bucks	Bensalem	Curves- Bensalem, PA	2155 Galloway Rd.	215-639-9199
	Bristol	Nirvana Athletic & Fitness Center	1222 Veterans Hwy.	215-788-8800
Chalfont	Better Bodies Cross Training Center	219 W. Butler Ave.		215-997-6997
	Philadelphia Sports Clubs - Highpoint	1 Highpoint Dr.		215-822-2303
Doylestown	Curves - Doylestown/Plumstead, PA	4095 Ferry Road, Ste. B		215-230-4151
	Doylestown Fitness Center	4339 Swamp Rd.		215-340-1100
	Total Fitness Zone	800 N. Easton Rd.		215-489-2010
Dublin	Curves - Dublin/Hilltown TWP, PA	164 N. Main St.		215-249-3760
Fairless Hills	FallsTownship Senior Citizens Center	282 Trenton Rd		215-547-6563
	Lower Bucks Family YMCA - Fairless Hills Branch	601 S. Oxford Valley Rd.		215-949-3400
Feasterville	B&R Family Fitness Club	1040 Mill Creek Dr.		215-355-2700
Furlong	Cornerstone Health & Fitness - Doylestown	740 Edison Furlong Rd.		215-794-3700
Huntingdon Valley	Body Dynamics Fitness Center	1810 County Line Rd., Bldg. 400		215-942-9500
Ivyland	Spring Mill Athletic Club	173 Jacksonville Rd.		215-328-9400
Jamison	Curves - Warwick, PA	2581 York Road, Unit C		215-491-7430
Lahaska	Curves - Buckingham TWP/Solebury TWP, PA	5861 Lower York Rd., Penns Purchase		215-794-0121
Langhorne	Bally Total Fitness - Oxford Valley	130 Middletown Blvd.		215-752-9506
	Curves - Northampton/Langhorne, PA	140 N. Pine St., #B		215-741-5514
Levittown	Curves - Bristol TWP, PA	6914 New Falls Road		215-547-4733
	Curves - Tullytown, PA	8012 Mill Creek Rd.		215-946-3313
Morrisville	Curves - Morrisville/Yardley, PA	828 W. Trenton Avenue		215-337-8055
	Pennsbury Racquet & Athletic Club	375 W. Trenton Ave.		215-736-0248
New Hope	Cornerstone Health & Fitness - New Hope	415 S. York Rd.		215-862-2200
Newtown	Center Club at Newtown	2132 S. Eagle Rd.		215-579-7600
	Curves - Newtown, PA	126 S. State St., Ste. 300		215-968-8590
	Curves - Upper Makefield/Wrightstown, PA	842 Durham Rd., Ste. 21		215-598-9727

Chester	Perkasie	Curves - Perkasie/East Rockhill, PA Fitness Plus of Perkasie	622 W. Chestnut Street 12 N. 7th St. Ms.Cindy's School of Dance	215-453-6900 215-257-8850
	Quakertown	Curves - Quakertown, PA Upper Bucks YMCA	1408 W. Broad St., Ste. 4 401 Fairview Ave	215-536-9333 215-536-8841
	Richboro	Curves - Richboro, PA	1061 - 2nd Street Pike	215-322-0806
	Warminster	Curves - Warminster, PA	820 West Street Rd.	215-444-0799
	Berwyn	Curves - Easttown, PA	511 Old Lancaster Road, Ste. #6	610-647-7478
		Surrey Services for Seniors	28 Bridge Ave.	610-647-6404
	Coatesville	Curves - Valley/Coatesville, PA	1131 W. Lincoln Hwy.	610-380-0778
	Downingtown	Club Volant	981 E Lancaster Ave	610-518-7680
		Curves - Caln/Downingtown/East Caln, PA	3943 W. Lincoln Hwy.	610-269-2211
	Exton	Curves - Uwchlan TWP, PA	327 Gordon Dr., Lionville Bus. Center	610-524-5832
	Tennis Addiction Sports Club	202 Phillips Rd.	610-363-1052	
Glenmoore	Curves - Glenmoore, PA	1679 Horseshoe Pike	610-942-4023	
Kennett Square	Curves - Kennett/New Garden, PA Kennett Area Senior Center	737 W Cypress Street, #7 427 S. Walnut St.	610-925-0454 610-444-4819	
Malvern	Level 5 Fitness & Conditioning	10-20 Liberty Blvd.	610-644-6575	
Oxford	Curves - Oxford/East Nottingham/Lower Oxford, PA Oxford Area Senior Center	45 Wyncote Dr. 12 E. Locust St.	610-932-4799 610-932-5244	
Paoli	Curves - Tredyffrin, PA	Plank & Lancaster Avenue, Store 7	610-640-2624	
Parkesburg	Wellness Xpress	4217 W. Lincoln Hwy.	484-712-5106	
Phoenixville	Curves - Schuylkill/Phoenixville, PA Phoenixville Health and Fitness	1193 Valley Forge Rd. 289 Schuylkill Rd.	610-935-4558 610-933-6929	
Pottstown	Curves - North Coventry/South Coventry/East Coven	48 Glocker Way, Unit 106, Suburbia Shopping Center	610-323-5507	
Spring City	Curves - East Pikeland/West Vincent/East Vincent,	3563 Schuylkill Rd.	610-792-1300	
Thorndale	Gold's Gym - Thorndale	50 James Buchanan Dr.	610-380-4653	
West Chester	Curves - East Bradford, PA Curves - East Goshen/West Goshen, PA West Chester Area Senior Center	710 Downingtown Pike 1526 Paoli Pike 530 E Union St	610-431-3410 610-344-7756 610-431-4242	
West Grove	Curves - Penn/West Grove/London Grove, PA	263 W. Evergreen St.	610-869-7404	
Delaware	Aston	Curves - Aston, PA Tri State Sports	417 Marianville Road 63 Concord Rd.	610-485-2260 610-494-3600
	Broomall	Gold's Gym Broomall Sussex Fitness Center	2920 Springfield Rd. 1101 Sussex Blvd.	610-353-5633 610-328-2610
	Bryn Mawr	Curves - Radnor TWP, PA	968 County Line Road	610-525-2499
	Chadds Ford	Curves - Concord/Chadds Ford, PA	100 Ridge Road, Unit #38	610-361-1030
	Clifton Heights	Curves - Clifton Heights, PA	301 W. Baltimore Pike	610-284-1180
	Darby	Mercy Fitness Center at Mercy Fitzgerald Hospital	1503 Lansdowne Ave.	610-237-2607
	Drexel Hill	Curves - Upper Darby, PA - West	5051 State Road	610-622-7901
	Glen Mills	Excel Physical Therapy and Fitness	331 Wilmington Pike Rte 202 and Smithbridge Rd	610-558-5866
	Havertown	Curves - Haverford TWP, PA Zone Fitness	2010 W. Chester Pike, Ste.442 162 W. Eagle Rd.	610-789-8630 610-789-8272
	Holmes	Curves - Ridley, PA	2121 MacDade Blvd.	610-522-1160
	Marcus Hook	Curves - Upper Chichester TWP, PA	3266 Chichester Ave.	610-485-2434
	Media	Curves - Upper Providence/Media, PA	280 N. Providence Road	610-892-5000

	Hometown Senior Center	302 S. Jackson St.	610-566-0505	
Newtown Square	Curves - Newtown Square, PA	4643 West Chester Pike	610-353-3060	
St. Davids	Philadelphia Sports Clubs - Radnor	555 E. Lancaster Ave.	610-688-3342	
Wayne	Club La Maison Health & Fitness Complex	215 Sugartown Rd.	610-964-8800	
West Chester	Curves- Thornbury/Westtown, PA	1381 Dilworthtown Crossing	610-399-9550	
Woodlyn	Bally Total Fitness-MacDade	1245 MacDade Blvd	610-521-4266	
Montgomery	Ambler	The Becoming Center	250 N. Bethlehem Pike	215-643-9908
	Ardmore	Philadelphia Sports Clubs - Ardmore	34 W. Lancaster Ave.	610-645-7600
	Bala Cynwyd	Aquatic & Fitness Center - Bala Cynwyd	601 Righters Ferry Rd.	610-664-6464
	Collegeville	Body Transit Fitness	305 Second Ave., Ste. 212	610-489-8855
		Curves - Collegeville/Trappe, PA	511 W. Main St., Ste. C	610-489-2801
		Curves - Skippack/Worcester /Towamencin, PA	3401 Skippack Pike	610-222-0708
	Conshohocken	Curves - Plymouth/Whitemarsh, PA	406 W. Ridge Pike, Unit D	610-834-9770
		Gold's Gym - Conshohocken	200 W. Ridge Pike	610-940-6787
	Dresher	Twining Valley Golf & Fitness Club	1400 Twining Rd.	215-659-4004
	East Greenville	Curves - East Greenville, PA	307 Main St.	215-679-6100
	Elkins Park	The Gym, Elkins Park	46 E. Church Rd.	215-379-3488
	Fairview Village	Kinetix Sports Club	951 N. Park Ave.	610-539-6700
	Flourtown	Aerobics, Etc	1710 Bethlehem Pike	215-356-5500
	Gilbertsville	Final Results Fitness	1100 Grosser Rd.	610-367-6611
	Harleysville	Genesis Fitness Centre - Harleysville	671 Main St.	215-256-9998
		Indian Valley Family YMCA	890 Maple Ave.	215-723-3569
	Hatfield	Hatfield Athletic Club	2420 Bethlehem	215-822-6177
	Horsham	Curves - Horsham TWP, PA	301 Horsham Rd. suite B	215-441-5051
		Horsham 24 Hour Fitness Club	217 Witmer Rd.	215-443-8510
	Jenkintown	Aquatic & Fitness Center - Jenkintown	921 Old York Rd.	215-887-8787
		Curves - Abington, PA	1627 The Fairway	215-884-0588
	King of Prussia	Bally Total Fitness - King of Prussia	256 Mall Blvd.	610-768-0710
		Curves - Upper Merion TWP, PA	802-804 N. Henderson Rd.	610-337-8387
		Fairmount Athletic Club	499 S. Henderson Rd.	610-992-1004
	Lansdale	Central Montgomery Medical Center	100 Medical Campus Dr.	215-368-2100
		Curves - Lansdale, PA	809 W. Main St.	215-362-9141
		La Crest Health Center of the North Penn YMCA	624 E. Main St.	215-368-1526
		Total Body Fitness	611 S. Broad St.	215-361-1888
	Lederach	Curves - Lederach/Harleysville, PA	690 Harleysville Pike, Ste. 1	215-513-2012
	Meadowbrook	Holy Redeemer Health and Fitness Center	1648 Huntingdon Pike	215-947-5971
	Montgomeryville	Curves - Montgomery TWP, PA	755 Bethlehem Pike	215-368-0426
	Narbeth	Curves - Lower Merion/Conshohocken, PA	915 Montgomery Ave., Ste. 100	610-949-9562
	Norristown	Curves- Whitpain/East Norriton	38 W Germantown Pike East	610-239-1300
		Montco SAAC	536 George St.	610-275-1960
		Montgomery Hospital Rehabilitation Services	1330 Powell St.	610-270-2002
	Oaks	Gold's Gym-Oaks	Rt 422 Business Center, 122 Mill Rd	610-650-3166
	Pennsburg	Cappuccio Dance Academy	859 Main St.	215-679-7006
	Plymouth Meeting	Greater Plymouth Community Center	2910 Jolly Rd.	610-277-4312
	Pottstown	CarePlex	81 Robinson St	610-970-1600
		Curves - Pottstown/Lower Pottsgrove/Upper Pottsgro	1494 N. Charlotte St.	610-970-9979

	Pottstown Health Club	210 Moser Rd.	610-326-6216
Royersford	Gold's Gym of Limerick	70 Buckwalter Rd.	610-948-4088
Souderton	Curves- Franconia/Souderton, PA	40 N 2nd Street, Ste A	215-723-0180
	Genesis Fitness Centre - Souderton	76 County Line Rd.	215-721-0600
Trooper	Curves- West Norriton, PA	2030 W Main St	610-630-3820
Willow Grove	Abington Fitness Institute	2510 Maryland Rd., Ste. 100	215-481-5900
	Bally Total Fitness-Willowgrove	151 Old York Rd	215-657-8500
Wyncote	Bally Total Fitness - Cheltenham	1000 Easton Rd.	215-576-7807
Wynnewood	Kaiserman JCC	45 Haverford Rd.	610-896-7770
Zieglerville	Curves- Lower Frederick, PA	1202 N Gravel Pike, Ste 100	610-287-9460
Philadelphia Philadelphia	Aquatic & Fitness Center - Philadelphia	3600 Grant Ave.	215-677-0400
	Bally Total Fitness - Aramingo	3400 Aramingo Ave.	215-426-0880
	Bally Total Fitness - Franklin Mills	851 Franklin Mills Cir.	215-637-1580
	Bally Total Fitness - Northeast	9185 Roosevelt Blvd.	215-676-9110
	Bally Total Fitness - South Philly	2425 S. 24th St.	215-468-6741
	Body Challenge Fitness Center	1600 W. Hunting Park Ave.	215-457-8418
	Boyles World Gym Fitness Center	11000 Roosevelt Blvd. Plaza	215-677-1496
	City Fitness Philadelphia	200 Spring Garden St.	215-923-4114
	Curves - Chestnut, PA	7733 Crittenden St., Store 19	215-242-3117
	Curves - Manayunk, PA	4590 Main Street	215-482-1116
	Curves - Philadelphia, PA - Fishtown	2401 E. Tioga Street	215-288-3000
	Curves - Philadelphia, PA - Northeast	9373 Krewstown Rd.	215-673-1983
	Curves - Philadelphia, PA - South Passyunk	2115 Oregon Ave.	215-465-2005
	Curves - Philadelphia, PA - South Snyder	1100 S. Columbus Blvd., Store G	215-551-0401
	East Falls Fitness	3751 Ridge Ave.	215-223-2311
	Frankford Hospitals Wellness Centers	Red Lion and Knights Roads	215-612-4576
	Fusion: Heart, Muscle, Mind	105 S. 12th St.	215-733-0633
	JCC Klein Branch	10100 Jamison Ave.	215-698-7300
	John M. Perzel Community Center	2990 St. Vincent St.	215-331-7120
	Juniata Fitness	4401 G St.	215-289-4200
	Juniata Park Older Adult Center	1251 E. Sedgley Ave.	215-685-1490
	Lehigh Senior Center	1701 W. Lehigh Ave., Bldg. 6	215-226-0761
	M. L. King Older Adult Center	2101-35 W. Cecil B. Moore Ave.	215-685-2715
	Mann Older Adult Center	3201 N. 5th St.	215-685-9844
	Mercy Fitness & Wellness Center	2821 Island Ave.	215-863-6106
	Mercy Fitness & Wellness Center	5008 Baltimore Ave., 2nd fl. Fitness Center	215-764-8505
	MossRehab Outpatient Center	2400 Market St., Ste 15, Marketplace Design Center	215-523-7600
	Norcom Community Center	10980 Norcom Rd.	215-613-1070
	Northeast Community Center	2840 Holme Ave.	215-335-0870
	Northeast Older Adult Center	7522 Castor Ave.	215-685-0577
	Oxford Rehabilitation and Fitness Center	6735 Harbison Ave.	215-725-2000
	Philadelphia Senior Center - Main Branch	509 S. Broad St.	215-546-5879
	Philadelphia Senior Center Tioga Branch	1531 W. Tioga St.	215-227-9999
	Philadelphia Sports Clubs - Market Street	1735 Market St.	215-564-5353
	Philadelphia Sports Clubs - Rodin Place	2000 Hamilton St.	215-568-9555

Philadelphia Sports Clubs - Society Hill	220-250 S. 5th St.	215-592-8900
SIS Fitness	1320 Somerville Ave	215-457-8663
South Philadelphia Older Adult Center	1430 E. Passyunk Ave.	215-685-1697
Southwest Fitness Senior Center	6916 Elmwood Ave.	215-937-1880
Stiffel Senior Center	604 Porter St.	215-468-3500
The Center at Journey's Way	6012 Ridge Ave.	215-487-1750
The Optimal Gym	325 Bainbridge St.	215-627-4900
West Oak Lane Senior Center	7210-18 Ogontz Ave.	215-685-3511

Silver Access by SilverSneakers locations

Bucks	Langhorne	St Mary Wellness Center	1205 Langhorne Newtown Rd	215-710-6861	
	New Hope	New Hope Fitness Center	510 Union Square Dr.	215-862-7123	
	Yardley	Slim and Tone LLC	10 Penn Valley Dr	215-321-8664	
Chester	Berwyn	Berwyn Squash & Nautilus Club	625 Cassatt Rd	610-647-6375	
		Upper Main Line Branch YMCA	1416 Berwyn Paoli Rd	610-647-9622	
	Coatesville	Brandywine YMCA	295 Hurley Rd	610-380-9622	
	Elverson	Twin Valley YMCA	51 S Pine St	610-913-9622	
	Exton	Lionville Community YMCA	100 Devon Dr	610-854-1658	
	Kennett Square	Kennett Area YMCA	101 Race St	610-444-9622	
	West Chester		Pilates Body Center	317 Westtown Rd Ste 5	610-696-3844
			The Center For Health and Fitness - Chester County Hospital	795 E Marshall St #G2	610-738-2348
			West Chester Area YMCA	605 Airport	610-431-9622
		West Grove	Jennersville YMCA	880 W Baltimore Pike	610-869-9622
Delaware	Media	Riddle Rehab Institute	1098 W Baltimore Pike Riddle Memorial Hospital	610-891-3030	
			YMCA Rocky Run	1299 W Baltimore Pike	610-627-9622
Montgomery	Abington	YMCA Abington Branch	1073 Old York Rd	215-884-9622	
	Ambler	YMCA Ambler	400 N Bethlehem Pike	215-628-9951	
	Ardmore	YMCA Main Line	100 Saint Georges Rd	610-649-0700	
	Hatboro	YMCA Hatboro Area	440 S York Rd	215-674-4545	
	Norristown	The Gym and Tan Line Studio	2725 W Main St	610-630-0266	
Philadelphia	Philadelphia	Northeast Wellness Connection Inc	2869 Holme Ave	215-676-4070	
		Vigorworks Fitness Center	1315 Walnut St. Lower Level	215-454-200	
		YMCA Christian Street	1724 Christian St	215-735-5800	
		YMCA Columbia North	1400 N Broad St #26	215-235-6440	
		YMCA Northeast Family	11088 Knights Rd	215-632-0100	
		YMCA of Philadelphia Corporate Headquarters	2000 Market St., Ste 750	215-963-3700	
		YMCA Roxborough	7201 Ridge Ave	215-482-3900	
YMCA West	5120 Chestnut St	215-476-2700			

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