

Your Health and Wellness Program

Living Plus is a comprehensive health and wellness program designed to support active living, balanced nutrition, and meaningful social connections for HealthTeam Advantage members of all abilities. By participating in Living Plus, members can enhance their physical health, emotional well-being, and social engagement.

Program offerings include:

- ◆ **Personalized Health Coaching** for support with diabetes management, cholesterol reduction, weight loss, and heart health
- ◆ **Customized Exercise Programs** to promote weight loss and build stronger bones and muscles
- ◆ **Virtual Cooking Demonstrations** to inspire healthier meals at home
- ◆ **Wellness Education Videos** to inform and motivate



Best of all, Living Plus is included in all HealthTeam Advantage plans at no additional cost.

Join us and take the next step toward a healthier, happier you! Visit www.htanc.com/members/living-plus to learn more.



LIVING PLUS Videos

Explore Healthy Living



Scan these QR codes to access our Living Plus video library on YouTube, where you'll find delicious, easy-to-follow healthy recipe demos, plus wellness tips and topics. These videos offer helpful guidance and inspiration—right at your fingertips!



Using Your SilverSneakers® Benefit

Scan QR code to search for a SilverSneakers location near you!



- ◆ Members can join any SilverSneakers-affiliated gym for free.
- ◆ There is no limit to how many SilverSneakers-affiliated gyms members can join.
- ◆ Some group classes offered at the gyms may have a small fee.
- ◆ Scan QR code or visit SilverSneakers.com/StartHere to sign up.



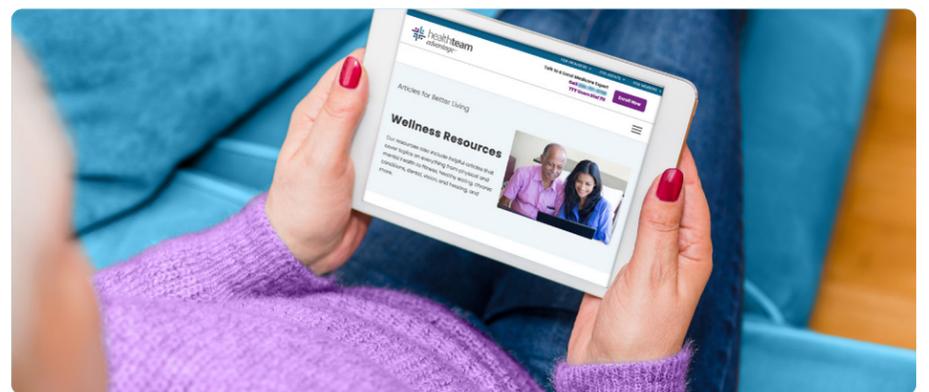
Follow Living Plus on social media!

Use your smartphone camera to scan this QR code for easy links to our Facebook, Instagram, and YouTube pages.

Wellness Articles



Looking for more information about fitness and exercise, healthy living, or managing a chronic condition? Our blog is packed with articles that can help you learn how to stay healthy. Just scan the QR code to visit our website.



Healthcare Concierge:
888-965-1965 (TTY 711)

8am–8pm | April 1–Sept. 30, Monday–Friday
Oct. 1–March 31, 7 Days a Week

It's almost Spring!



Monday, March 2

- 8:30 AM **SilverSneakers Classic** (Gold's Gym, Burlington)
- 9 AM **Silver Fit** (Triangle Fitness, Winston-Salem)
- 10:30 AM **SilverSneakers Classic** (Cannon Memorial YMCA, Kannapolis)
- 6:30 PM **Yoga** (R.L. Stowe Jr. Family YMCA, Belmont)

Tuesday, March 3

- 7:15 AM **AquaFit** (Shallow Water) (Jerry Long Family YMCA, Clemmons)
- 9:45 AM **SilverSneakers Circuit** (Gold's Gym, Burlington)
- 10:30 AM **Zumba** (The Fitness Center, Kernersville)
- 1:15 PM **SilverSneakers Classic** (R.L. Stowe Jr. Family YMCA, Belmont)

Wednesday, March 4

- 5:45 AM **Functional Strength Training** (The Fitness Center, Kernersville)
- 9 AM **Active Adult Fitness** (Hayes-Taylor Memorial YMCA, Greensboro)
- 10:30 AM **Water Aerobics** (Carl and Linda Grubb Family YMCA, Trinity)
- 11:15 AM **SilverSneakers Yoga** (Jerry Long Family YMCA, Clemmons)

Thursday, March 5

- 8:30 AM **Body Pump** (Stokes Family YMCA, King)
- 9:45 AM **SilverSneakers Circuit** (Gold's Gym, Burlington)
- 11 AM **Strength and Stability** (Yadkin Family YMCA, Yadkinville)
- 5:45 PM **Dance Fitness** (Cape Fear Fitness, Southport)

Friday, March 6

- 8:30 AM **Aqua HIIT** (Shallow Water) (Davie Family YMCA, Mocksville)
- 9:30 AM **Yoga** (Reidsville Family YMCA, Reidsville)
- 12 PM **Yogalates** (The Fitness Center, Kernersville)
- 1 PM **Tai Chi** (R.L. Stowe Jr. Family YMCA, Belmont)

Saturday, March 7

- 8:15 AM **Total Body for All** (Randolph-Asheboro YMCA, Asheboro)
- 9 AM **Les Mills Tone** (Davie Family YMCA, Mocksville)
- 9:45 AM **Water Aerobics** (Gold's Gym, Burlington)
- 10:45 AM **Les Mills Body Balance** (Reidsville Family YMCA, Reidsville)

Monday, March 9

- 8:30 AM **SilverSneakers Classic** (Gold's Gym, Burlington)
- 9 AM **Silver Fit** (Triangle Fitness, Winston-Salem)
- 10:30 AM **SilverSneakers Classic** (Cannon Memorial YMCA, Kannapolis)
- 6:30 PM **Yoga** (R.L. Stowe Jr. Family YMCA, Belmont)

Tuesday, March 10

- 7:15 AM **AquaFit** (Shallow Water) (Jerry Long Family YMCA, Clemmons)
- 9:45 AM **SilverSneakers Circuit** (Gold's Gym, Burlington)
- 10:30 AM **Zumba** (The Fitness Center, Kernersville)
- 1:15 PM **SilverSneakers Classic** (R.L. Stowe Jr. Family YMCA, Belmont)

Wednesday, March 11

- 5:45 AM **Functional Strength Training** (The Fitness Center, Kernersville)
- 9 AM **Active Adult Fitness** (Hayes-Taylor Memorial YMCA, Greensboro)
- 10:30 AM **Water Aerobics** (Carl and Linda Grubb Family YMCA, Trinity)
- 11:15 AM **SilverSneakers Yoga** (Jerry Long Family YMCA, Clemmons)

Thursday, March 12

- 8:30 AM **Body Pump** (Stokes Family YMCA, King)
- 9:45 AM **SilverSneakers Circuit** (Gold's Gym, Burlington)
- 11 AM **Strength and Stability** (Yadkin Family YMCA, Yadkinville)
- 5:45 PM **Dance Fitness** (Cape Fear Fitness, Southport)

Friday, March 13

- 8:30 AM **Aqua HIIT** (Shallow Water) (Davie Family YMCA, Mocksville)
- 9:30 AM **Yoga** (Reidsville Family YMCA, Reidsville)
- 12 PM **Yogalates** (The Fitness Center, Kernersville)
- 1 PM **Tai Chi** (R.L. Stowe Jr. Family YMCA, Belmont)

Saturday, March 14

- 8:15 AM **Total Body for All** (Randolph-Asheboro YMCA, Asheboro)
- 9 AM **Les Mills Tone** (Davie Family YMCA, Mocksville)
- 9:45 AM **Water Aerobics** (Gold's Gym, Burlington)
- 10:45 AM **Les Mills Body Balance** (Reidsville Family YMCA, Reidsville)

Monday, March 16

- 8:30 AM **SilverSneakers Classic** (Gold's Gym, Burlington)
- 9 AM **Silver Fit** (Triangle Fitness, Winston-Salem)
- 10:30 AM **SilverSneakers Classic** (Cannon Memorial YMCA, Kannapolis)
- 6:30 PM **Yoga** (R.L. Stowe Jr. Family YMCA, Belmont)

Tuesday, March 17

- 7:15 AM **AquaFit** (Shallow Water) (Jerry Long Family YMCA, Clemmons)
- 9:45 AM **SilverSneakers Circuit** (Gold's Gym, Burlington)
- 10:30 AM **Zumba** (The Fitness Center, Kernersville)
- 1:15 PM **SilverSneakers Classic** (R.L. Stowe Jr. Family YMCA, Belmont)

Wednesday, March 18

- 5:45 AM **Functional Strength Training** (The Fitness Center, Kernersville)
- 9 AM **Active Adult Fitness** (Hayes-Taylor Memorial YMCA, Greensboro)
- 10:30 AM **Water Aerobics** (Carl and Linda Grubb Family YMCA, Trinity)
- 11:15 AM **SilverSneakers Yoga** (Jerry Long Family YMCA, Clemmons)

Thursday, March 19

- 8:30 AM **Body Pump** (Stokes Family YMCA, King)
- 9:45 AM **Silver Sneakers Circuit** (Gold's Gym, Burlington)
- 11 AM **Strength and Stability** (Yadkin Family YMCA, Yadkinville)
- 5:45 PM **Dance Fitness** (Cape Fear Fitness, Southport)

Friday, March 20

- 8:30 AM **Aqua HIIT** (Shallow Water) (Davie Family YMCA, Mocksville)
- 9:30 AM **Yoga** (Reidsville Family YMCA, Reidsville)
- 12 PM **Yogalates** (The Fitness Center, Kernersville)
- 1 PM **Tai Chi** (R.L. Stowe Jr. Family YMCA, Belmont)

Saturday, March 21

- 8:15 AM **Total Body for All** (Randolph-Asheboro YMCA, Asheboro)
- 9:00 AM **Les Mills Tone** (Davie Family YMCA, Mocksville)
- 9:45 AM **Water Aerobics** (Gold's Gym, Burlington)
- 10:45 AM **Les Mills Body Balance** (Reidsville Family YMCA, Reidsville)

Monday, March 23

- 8:30 AM **SilverSneakers Classic** (Gold's Gym, Burlington)
- 9 AM **Silver Fit** (Triangle Fitness, Winston-Salem)
- 10:30 AM **SilverSneakers Classic** (Cannon Memorial YMCA, Kannapolis)
- 6:30 PM **Yoga** (R.L. Stowe Jr. Family YMCA, Belmont)

Tuesday, March 24

- 7:15 AM **AquaFit** (Shallow Water) (Jerry Long Family YMCA, Clemmons)
- 9:45 AM **SilverSneakers Circuit** (Gold's Gym, Burlington)
- 10:30 AM **Zumba** (The Fitness Center, Kernersville)
- 1:15 PM **SilverSneakers Classic** (R.L. Stowe Jr. Family YMCA, Belmont)

Wednesday, March 25

- 5:45 AM **Functional Strength Training** (The Fitness Center, Kernersville)
- 9 AM **Active Adult Fitness** (Hayes-Taylor Memorial YMCA, Greensboro)
- 10:30 AM **Water Aerobics** (Carl and Linda Grubb Family YMCA, Trinity)
- 11:15 AM **SilverSneakers Yoga** (Jerry Long Family YMCA, Clemmons)

Thursday, March 26

- 8:30 AM **Body Pump** (Stokes Family YMCA, King)
- 9:45 AM **SilverSneakers Circuit** (Gold's Gym, Burlington)
- 11 AM **Strength and Stability** (Yadkin Family YMCA, Yadkinville)
- 5:45 PM **Dance Fitness** (Cape Fear Fitness, Southport)

Friday, March 27

- 8:30 AM **Aqua HIIT** (Shallow Water) (Davie Family YMCA, Mocksville)
- 9:30 AM **Yoga** (Reidsville Family YMCA, Reidsville)
- 12 PM **Yogalates** (The Fitness Center, Kernersville)
- 1 PM **Tai Chi** (R.L. Stowe Jr. Family YMCA, Belmont)

Saturday, March 28

- 8:15 AM **Total Body for All** (Randolph-Asheboro YMCA, Asheboro)
- 9 AM **Les Mills Tone** (Davie Family YMCA, Mocksville)
- 9:45 AM **Water Aerobics** (Gold's Gym, Burlington)
- 10:45 AM **Les Mills Body Balance** (Reidsville Family YMCA, Reidsville)

Monday, March 30

- 8:30 AM **SilverSneakers Classic** (Gold's Gym, Burlington)
- 9 AM **Silver Fit** (Triangle Fitness, Winston-Salem)
- 10:30 AM **SilverSneakers Classic** (Cannon Memorial YMCA, Kannapolis)
- 6:30 PM **Yoga** (R.L. Stowe Jr. Family YMCA, Belmont)

Tuesday, March 31

- 7:15 AM **AquaFit** (Shallow Water) (Jerry Long Family YMCA, Clemmons)
- 9:45 AM **SilverSneakers Circuit** (Gold's Gym, Burlington)
- 10:30 AM **Zumba** (The Fitness Center, Kernersville)
- 1:15 PM **SilverSneakers Classic** (R.L. Stowe Jr. Family YMCA, Belmont)



SilverSneakers® Class Locations

Alamance County Gold's Gym, 2358 Church St, Burlington, NC 27215

Brunswick County Cape Fear Fitness, 5130 Southport Supply Rd, Suite 103, Southport, NC 28164

Cabarrus County Cannon Memorial YMCA – Kannapolis Branch, 101 YMCA Dr, Kannapolis, NC 28081

Davie County Davie Family YMCA, 215 Cemetery St, Mocksville, NC 27028

Forsyth County

- Triangle Fitness, 323 Millers Creek Dr, Winston-Salem, NC 27127
- The Fitness Center at Kernersville, 861 Old Winston Rd Ste 109, Kernersville, NC 27284
- Jerry Long Family YMCA, 1150 S Peace Haven Rd, Clemmons, NC 27012

Gaston County R.L. Stowe Jr. Family YMCA, 196 YMCA Dr, Belmont, NC 28012

Guilford County Hayes Taylor YMCA, 2630 E Florida St, Greensboro, NC 27401

New Hanover County Fit4Life Health Clubs, Murraysville, 2307 N College Rd, Wilmington, NC 28405

Randolph County

- Carl and Linda Grubb Family YMCA, 609 Trindale Rd, Trinity, NC 27370
- Randolph-Asheboro YMCA, 343 N Carolina Hwy 42 N, Asheboro, NC 27203

Rockingham County Reidsville Family YMCA, 504 S Main St, Reidsville, NC 27320

Stokes County Stokes Family YMCA, 105 Moore Rd, King, NC 27021

Yadkin County Yadkin Family YMCA, 6540 Service Rd, Yadkinville, NC 27055