

Your Health and Wellness Program

Living Plus health and wellness program focuses on active living, healthy eating, and social connections for members of all abilities. Participating in Living Plus offerings can significantly benefit your physical, emotional, and social well-being.

Programs and classes are designed to:

- ◆ increase bone and muscle strength
- ◆ reduce the risk of falls
- ◆ boost your energy and sense of well-being
- ◆ improve your memory and concentration

Living Plus programs are included in your HealthTeam Advantage plan at no additional cost. Join us for a healthier you!



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.

Using Your SilverSneakers® Benefit

- ◆ 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](https://www.silversneakers.com/StartHere) to sign up.



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



LIVING PLUS Videos

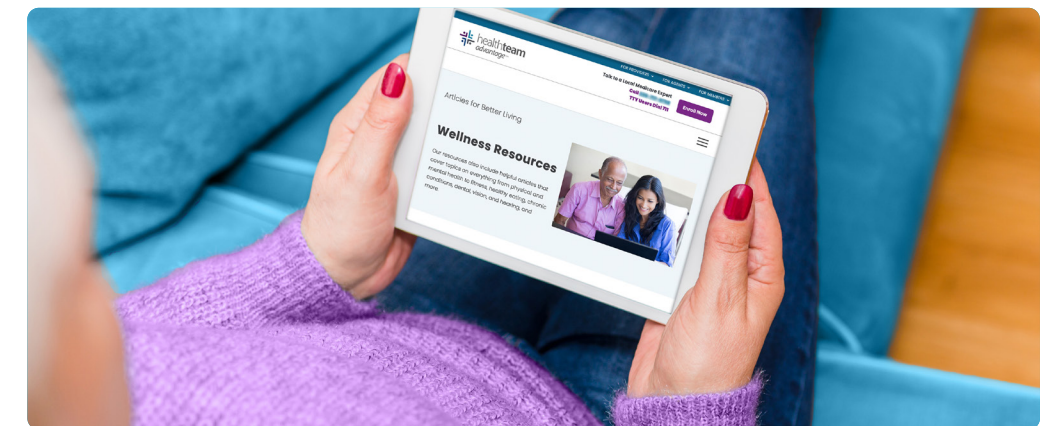
Explore Healthy Living



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

Memory Fitness Benefit

Get a daily workout for your brain with a membership to BrainHQ, available at no cost to members! The online exercises allow you to work on attention, memory, brain speed, and more. Just scan this QR code, and click "Sign Up" to get started.



Wellness Articles

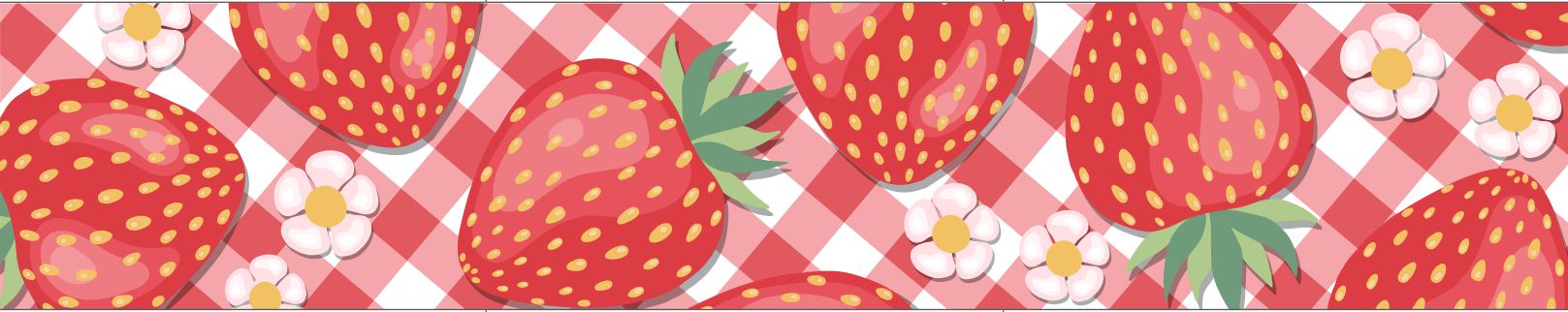



Looking for more information about fitness and exercise, healthy living, or managing a chronic condition? Our blog is packed with articles that can help you learn how to stay healthy. Just scan the QR code to visit our website.



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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:45 am Tai Chi @Stokes Family YMCA, King 10 am Senior Fit Cardio @Stokes Family YMCA, King 11 am Strength and Stability @Yadkin Family YMCA, Yadkinville 5:30 pm PiYo @Carl and Linda Grubb Family YMCA, Trinity	2 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	3 8:30 am Cycle @Carl and Linda Grubb Family YMCA, Trinity 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10 am Pilates @Davie Family YMCA, Mocksville 10:30 am Water Aerobics @Gold's Gym, Burlington
5 5:30 am Functional Fit @Gold's Gym, Burlington 8:30 am Senior Strength Training @Jerry Long Family YMCA, Clemmons 11:15 am Gentle/Restorative Yoga @Stokes Family YMCA, King 5:30 pm PiYo @Carl and Linda Grubb Family YMCA, Trinity	6 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	7 5:45 am Functional Strength Training @The Fitness Center, Kernersville 9 am Total Strength @Cannon Memorial YMCA, Kannapolis 10 am Slow Flow Yoga @Randolph-Asheboro YMCA, Asheboro 6:30 pm Yoga @R.L. Stowe Jr. Family YMCA, Belmont	8 8:45 am Tai Chi @Stokes Family YMCA, King 9:45 am SilverSneakers Circuit @Gold's Gym, Burlington 11 am Strength and Stability @Yadkin Family YMCA, Yadkinville 5:30 pm Evening Stretch/Mobility @Cape Fear Fitness, Southport	9 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	10 8:15 am Old School Step @Randolph-Asheboro YMCA, Asheboro 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10:30 am Water Aerobics @Gold's Gym, Burlington
12 5:30 am Functional Fit @Gold's Gym, Burlington 9 am Active Adult Fitness @Hayes Taylor YMCA, Greensboro 10:30 am SilverSneakers Classic @Cannon Memorial YMCA, Kannapolis 6:30 pm Yoga @R.L. Stowe Jr. Family YMCA, Belmont	13 7:15 am AquaFit (Shallow Water) @Jerry Long Family YMCA, Clemmons 9 am BOOM Move @Yadkin Family YMCA, Yadkinville 10 am Low Impact Aerobics @Randolph-Asheboro YMCA, Asheboro 1:15 pm SilverSneakers Classic @R.L. Stowe Jr. Family YMCA, Belmont	14 5:45 am Functional Strength Training @The Fitness Center, Kernersville 9:45 am SilverSneakers Classic @Triangle Fitness, Winston-Salem 10:30 am Water Aerobics @Carl and Linda Grubb Family YMCA, Trinity 12:15 pm SilverSneakers Yoga @Jerry Long Family YMCA, Clemmons	15 11 am Health & Wellness Workshop @HealthTeam Advantage Local Benefit Center, 5815 Samet Dr., Suite 107, High Point. Join us for light refreshments while you learn about SilverSneakers, Brain Health, how to make the most of your plan benefits, wellness trivia, and more! RSVP today by calling 336-494-1363 or 336-609-6856.	16 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	17 8:30 am Cycle @Carl and Linda Grubb Family YMCA, Trinity 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10 am Pilates @Davie Family YMCA, Mocksville 10:30 am Water Aerobics @Gold's Gym, Burlington
19 5:30 am Functional Fit @Gold's Gym, Burlington 8:30 am Senior Strength Training @Jerry Long Family YMCA, Clemmons 10 am Slow Flow Yoga @Randolph-Asheboro YMCA, Asheboro 6:30 pm Yoga @R.L. Stowe Jr. Family YMCA, Belmont	20 7 am Vinyasa Flow @Fit4Life Health Clubs, Wilmington 9 am BOOM Move @Yadkin Family YMCA, Yadkinville 10:30 am Zumba @The Fitness Center, Kernersville 1:15 pm SilverSneakers Classic @R.L. Stowe Jr. Family YMCA, Belmont	21 5:45 am Functional Strength Training @The Fitness Center, Kernersville 9 am Total Strength @Cannon Memorial YMCA, Kannapolis 10:30 am Water Aerobics @Carl and Linda Grubb Family YMCA, Trinity 12:15 pm SilverSneakers Yoga @Jerry Long Family YMCA, Clemmons	22 8 am Steps or Stepless @Cape Fear Fitness, Southport 10 am Senior Fit Cardio @Stokes Family YMCA, King 11 am Strength and Stability @Yadkin Family YMCA, Yadkinville 5:30 pm Evening Stretch/Mobility @Cape Fear Fitness, Southport	23 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	24 8:30 am Cycle @Carl and Linda Grubb Family YMCA, Trinity 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10 am Pilates @Davie Family YMCA, Mocksville 10:30 am Water Aerobics @Gold's Gym, Burlington
26 MEMORIAL DAY 	27 7:15 am AquaFit (Shallow Water), Jerry Long Family YMCA, Clemmons 9 am BOOM Move @Yadkin Family YMCA, Yadkinville 10 am Low Impact Aerobics @Randolph-Asheboro YMCA, Asheboro 1:15 pm SilverSneakers Classic @R.L. Stowe Jr. Family YMCA, Belmont	28 5:45 am Functional Strength Training @The Fitness Center, Kernersville 9 am Total Strength @Cannon Memorial YMCA, Kannapolis 10:30 am Water Aerobics @Carl and Linda Grubb Family YMCA, Trinity 12:15 pm SilverSneakers Yoga @Jerry Long Family YMCA, Clemmons	29 8 am Steps or Stepless @Cape Fear Fitness, Southport 10 am Senior Fit Cardio @Stokes Family YMCA, King 11 am Strength and Stability @Yadkin Family YMCA, Yadkinville 5:30 pm Evening Stretch/Mobility @Cape Fear Fitness, Southport	30 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	31 8:30 am Cycle @Carl and Linda Grubb Family YMCA, Trinity 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10 am Pilates @Davie Family YMCA, Mocksville 10:30 am Water Aerobics @Gold's Gym, Burlington

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

Davidson County Triangle Fitness, 323 Millers Creek Dr, Winston-Salem, NC 27127
Davie County Davie Family YMCA, 215 Cemetery St, Mocksville, NC 27028
Forsyth County The Fitness Center at Kernersville, 861 Old Winston Rd Ste 109, Kernersville, NC 27284
Forsyth County 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 County 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