



The Broomfield Community Center and the Paul Derda Recreation Center proudly announces:



The SilverSneakers® Program is a free benefit to specific participants based on their insurance carrier (Kaiser Permanente of Colorado, PacificCare/Secure Horizons Colorado and Humana Colorado) and they must be 65 years old or older. The program is managed by Axia Health Management an independent company that contracts with other health plans across the country to offer similar programs.

If a participant is eligible, they can sign up for SilverSneakers® for no charge to them. Included in their membership is:

- All Drop in Fitness and Aquatic Fitness Classes at the Broomfield Community Center and the Paul Derda Recreation Center during all normal operating hours (**does include** Senior and Gentle Pilates, Senior and Gentle Yoga, Line Dancing and all Senior Athletic Programs).
- A free fitness center orientation at the Paul Derda Recreation Center. (pre-registration required).
- A free fitness assessment at the Paul Derda Recreation Center. (pre-registration required).
- Unlimited visits to either facility.
- Social events, incentive programs and other fun events sponsored by Axia Health Management and Broomfield Recreation Services.
- Access to ANY of the other fitness facilities in the Nation that are included in the SilverSneakers® network
- 25% off all Personal Training

The SilverSneakers® program strives to offer all eligible members an opportunity to be active, get fit, have fun and make friends, all in a friendly, non-intimidating atmosphere.

For more information, please contact:
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Broomfield Community Center: 303-464-5536

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