

• **ADULT PROGRAMS** •

Recreation  
NEWS



**CLASSES & WORKSHOPS**

**Basic Dog Obedience**

Teaching your dog basic commands can be building blocks to a rewarding relationship with your pet. Our professional instructors will teach you how to teach your dog the basic commands of sit, down, stay, come when called, controlled walking exercises and much more! The dog must be at least 6 months old. Please bring vaccination records, six foot leash, and soft small treats to the first class. An adult must accompany handlers under age 18. You must register with Bethel Park Recreation at least one week before the first class.

Register online, by mail to Bethel Park Recreation with the registration form in the Chronicles, or in person at the Community Center. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, [www.xcelcaninetraining.com](http://www.xcelcaninetraining.com).

Ages: 12 and over  
**Resident Fee: \$80.00** Non-Res Fee: \$85.00  
6 session dates  
Time: 10:00AM - 11:00AM

3309.201  
Dates: 07/13/2019 - 08/17/2019 Sat

3309.211  
Dates: 09/07/2019 - 10/12/2019 Sat

**Location: Xcel Canine Training, Inc.**

**Puppy Obedience**

This class is taught at a slower pace than our Basic Obedience class, but still will give your puppy the stepping stones they need to learn at a young age. The puppies will also be in an environment with others their own age! They will learn the beginning of sit, down, stand, walking by your side and introducing them to new fun obstacles. An adult must accompany handlers under age 18. Your dog must be 3 to 6 months old and should have its 2nd set of shots before starting. Please bring vaccination records, six foot leash, and soft small treats to the first class. You must register with Bethel Park Recreation at least one week before the first class.

Register online, by mail to Bethel Park Recreation with the registration form in the Chronicles, or in person at the Community Center. Classes are held at Xcel Canine Training, Inc., 5400 Progress Boulevard, 412-833-2504, [www.xcelcaninetraining.com](http://www.xcelcaninetraining.com).

Ages: 12 and over  
**Resident Fee: \$80.00** Non-Res Fee: \$85.00  
6 session dates  
Time: 9:00AM - 10:00AM

3309.203  
Dates: 07/13/2019 - 08/17/2019 Sat

3309.213  
Dates: 09/07/2019 - 10/12/2019 Sat

**Location: Xcel Canine Training, Inc.**

**FITNESS & EXERCISE**

**Barre Fitness**

This class fuses Pilates, Yoga, and Core Fitness into a total body workout. Barre fitness is low-impact therefore protecting your joints, but don't be fooled since it is a total body work out! The use of isometric movements will tone your abs, thighs, arms and burn fat. Take the Barre Fitness class twice a week or add it to STRONG by Zumba® class to make a great combination and get the twice a week discount. Twice a week rate is not available with online registration. Please bring fitness mat and water to class.

Instructor: Renea Bishop  
Ages: 16 and over  
**Resident Fee: \$49.00** Non-Res Fee: \$54.00  
**Twice a week: \$77.00** Non-Res Fee: \$82.00  
6 session dates

3935.201  
Dates: 06/03/2019 - 07/15/2019 Mon  
Time: 6:00PM - 7:00PM

3935.202  
Dates: 06/05/2019 - 07/17/2019 Wed  
Time: 6:00PM - 7:00PM

3935.211  
Dates: 07/22/2019 - 09/09/2019 Mon  
Time: 6:00PM - 7:00PM

3935.212  
Dates: 07/24/2019 - 09/04/2019 Wed  
Time: 6:00PM - 7:00PM

**Location: Community Center**  
**No class Jul 1, Jul 3, Aug 5, Aug 7, Sep 2**

**Country Heat™ LIVE**

Country Heat™ LIVE is an easy-to-follow, completely exhilarating, country dance-inspired workout perfect for beginners! No complicated moves, students simply follow along with the instructor to enjoy the low-impact/high-energy dance class set to the chart topping hottest country hits. You'll have so much fun moving, stepping, clapping, stomping, and laughing, you'll forget you're burning mega calories and toning your body from head to toe! No dance experience is necessary. Whether you're a dance newbie or you've already got great moves, you will love stepping it up to the hottest country hits around! This country dance-inspired workout is unlike any other workout you've tried and perfect for all fitness levels. Take this class twice a week for a discount rate. Twice a week rate is not available with online registration.

Instructor: Kerri Lewis  
Ages: 18 and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
6 session dates

3918.201  
Dates: 06/10/2019 - 07/15/2019 Mon  
Time: 7:00PM - 8:00PM

3918.202  
Dates: 06/12/2019 - 07/17/2019 Wed  
Time: 7:00PM - 8:00PM

3918.211  
Dates: 07/22/2019 - 08/26/2019 Mon  
Time: 7:00PM - 8:00PM

3918.212  
Dates: 07/24/2019 - 08/28/2019 Wed  
Time: 7:00PM - 8:00PM

**Location: Community Center**

*First Class is FREE!!!*

**FIT4MOM - Stroller Strides**

Stroller Strides is a stroller based fitness program for moms with little ones. Each 60 minute, total body workout incorporates power walking, running, strength, toning, songs, and activities. Each class offers moms (current and soon to be) an opportunity to get fit, meet other moms, and fun with their little ones! Class is led by certified instructors (who are also moms) and is a great total body workout that can be modified for any fitness level.

Instructor: Cortney Sweeney  
Ages: 18 years and over  
Fees vary based on frequency of participation.  
First Class is Free!

**Fee for Single Class: \$15.00**  
**Fee for 5 Class Pass: \$55.00**  
**Fee for 10 Class Pass: \$120.00**  
**Monthly Membership: \$65.00 with \$50.00 registration fee**

Class Dates: 6/4/2019 – 8/27/2019 Tue  
Class Times: 10:30 AM – 11:30 AM

Class Dates: 6/6/2019 – 8/29/2019 Thu  
Class Times: 10:30 AM – 11:30 AM

Class Dates: 6/7/2019 – 8/30/2019 Fri  
Class Times: 9:15 AM – 10:15 AM

**Registration can ONLY be completed through [bethelpark.fit4mom.com](http://bethelpark.fit4mom.com)**

No registrations will be accepted at the Community Center.

**Location: Community Center**

**Power Sculpt**

Are you a beginner or just getting back to exercising? Looking for a class to build lean muscle and increase strength? POWER SCULPT will not only do just that but it will teach you the proper technique when using free weights and resistance bands and will challenge your muscles to push further than they ever have before! Class is a slower paced strength workout broken down into 3 parts, upper body, lower body and core. You will perform the exercises you know and love while adding dumbbells, stability balls, Bosu balls, steppers and medicine balls to tone the body and increase muscular strength and endurance. "The task ahead of you is never as great as the strength within you." Let's get started! Please bring light weights and a mat.

Instructor: Kathy Pattak  
Ages: 18 and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
6 session dates

3910.202  
Dates: 06/05/2019 - 07/17/2019 Wed  
Time: 7:00PM - 8:00PM

3910.212  
Dates: 07/24/2019 - 08/28/2019 Wed  
Time: 7:00PM - 8:00PM

**Location: Community Center**  
**No class Jul 3**

**CHECK OUT THE FARMERS' MARKET**  
**TUESDAYS, 3:00 – 7:00 PM**



**Great Location!!!**  
**South Park Skating Rink Lot**  
**See page 36 for details**

**SilverSneakers® CLASSIC**

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, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

Monday	11:30AM – 12:15PM	Instructor: Tricia Wick
Wednesday	12:00PM – 12:45PM	Instructor: Tricia Wick
Thursday	12:15PM – 1:15PM	Instructor: Anne Brucker
Friday	12:00PM – 12:45PM	Instructor: Tricia Wick

**Location:** Community Center  
**No class** **May 27, Jul 4, Sep 2**

**SilverSneakers® Yoga**

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Monday	12:15PM – 1:15PM	Instructor: Tricia Wick
Tuesday	11:30PM – 12:30PM	Instructor: Mary Ann Gerard

**Location:** Community Center  
**No class** **May 27, Sep 2**

**Silver Sneakers® Boom Move - designed for the Active Senior**

Gain stamina and strength as you break a sweat and HAVE FUN! A higher intensity dance workout class that improves cardio endurance and burns calories. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. No dance experience is required.

**Fee: \$3.00 or FREE with Silver Sneakers' card**

Monday	9:15AM – 10:00AM	Instructor: Renea Bishop
Monday	5:00PM – 6:00PM	Instructor: Renea Bishop
Friday	10:15AM – 11:00AM	Instructor Renea Bishop

**Location:** Community Center  
**No class** **May 27, Jul 1, Aug 5, Sep 2**

**Silver Sneakers® Boom Muscle - designed for the Active Senior**

Students will move through multiple "blocks", which are groups of exercise that focus on different muscle groups. Class incorporates athletic-based exercises that improve upper body conditioning, toning muscles and building overall strength.

**Fee: \$3.00 or FREE with Silver Sneakers' card**

Monday	10:00AM – 11:00AM	Instructor: Renea Bishop
Wednesday	5:00PM – 6:00PM	Instructor: Renea Bishop
Friday	11:00AM – 11:45AM	Instructor Renea Bishop

**Location:** Community Center  
**No class** **May 27, Jul 1, Jul 3, Aug 5, Aug 7, Sep 2**

**Walking Track**

SilverSneakers® members can take advantage of the climate controlled, elevated indoor walking track just by swiping their SilverSneakers® membership card. The 1/12 mile track features 3 lanes for fitness lap walking or running. Track is open for use:

Monday – Thursday	9:00AM – 9:00PM
Friday & Saturday	9:00AM – 10:30PM
Sunday	12:00PM – 9:00PM

**Location:** Community Center  
**The Community Center is open from 9:00AM to 2:00PM on May 27. The Community Center is closed on July 4 and September 2.**



Don't forget to reserve a room at the Community Center soon for your upcoming **Communion and Graduation parties.** We have rooms to accommodate small or large groups. Call **412-851-2910.**

**STRONG by Zumba®**

Class is a high-intensity workout where every move is synced to a beat. Using only your body weight, STRONG by Zumba® will test your strength and stamina in a powerful cardio and muscle-conditioning session in one, all led by music. Take the Strong by Zumba® class twice a week or add Barre Fitness and get the twice a week discount. Twice a week rate is not available with online registration.

**Instructor:** Renea Bishop  
**Ages:** 16 and over  
**Resident Fee:** \$49.00  
**Twice a week:** \$77.00  
**Non-Res Fee:** \$54.00  
**Non-Res Fee:** \$82.00  
6 session dates

3935.203  
**Dates:** 06/03/2019 - 07/15/2019  
**Time:** 7:00PM - 8:00PM  
Mon

3935.204  
**Dates:** 06/05/2019 - 07/17/2019  
**Time:** 7:00PM - 8:00PM  
Wed

3935.205  
**Dates:** 06/07/2019 - 07/19/2019  
**Time:** 9:15AM - 10:15AM  
Fri

3935.213  
**Dates:** 07/22/2019 - 09/09/2019  
**Time:** 7:00PM - 8:00PM  
Mon

3935.214  
**Dates:** 07/24/2019 - 09/04/2019  
**Time:** 7:00PM - 8:00PM  
Wed

3935.215  
**Dates:** 07/26/2019 - 09/06/2019  
**Time:** 9:15AM - 10:15AM  
Fri

**Location:** Community Center  
**No class** **Jul 1, Jul 3, Jul 5, Aug 5, Aug 7, Aug 9, Sep 2**

**Total Body Conditioning**

This interval training class is a mix of aerobic and anaerobic exercises designed to burn fat, gain muscle, boost metabolism, & strengthen your core and increase endurance and energy. Experience a total body workout that will have you move through a variety of stations using upper and lower body muscle groups at the same time. Class will use Bosu trainers, steps, weights, agility ladder and more. Modifications are given if necessary. Twice a week rate is not available with online registration.

**Instructor:** Bethany Dugdale  
**Ages:** 18 and over  
**Resident Fee:** \$35.00  
**Twice a week:** \$55.00  
**Non-Res Fee:** \$40.00  
**Non-Res Fee:** \$60.00  
6 session dates

3920.201  
**Dates:** 06/13/2019 - 07/25/2019  
**Time:** 7:00PM - 8:00PM  
Thu

3920.202  
**Dates:** 06/15/2019 - 07/27/2019  
**Time:** 9:30AM - 10:30AM  
Sat

3920.211  
**Dates:** 08/01/2019 - 09/12/2019  
**Time:** 7:00PM - 8:00PM  
Thu

3920.212  
**Dates:** 08/03/2019 - 09/14/2019  
**Time:** 9:30AM - 10:30AM  
Sat

**Location:** Community Center  
**No class** **Jul 4, Jul 6, Aug 29, Aug 31**

**Walk 15 (Formerly Walk Live)**

It's a new name, but the same great walking based program that has been helping people get fit for more than 25 years. The new name emphasizes the 15 minute mile. This Leslie Sansone indoor aerobic group walking program has just four basic movements that include walking in place, side steps, kicks, and knee lifts with variations of all of these. Participants get a heart-pumping, calorie-burning aerobic workout. Your workout starts with a gentle warm up, increasing to a brisk paced walk, and ends with a cool-down walk. All muscles are put in motion for a maximum muscle work out during this multi-mile walk. Participants decide on the intensity of their walk, thus customizing their walk to suit their ability level. The class format allows people of ALL fitness levels to have fun while getting fit.

**Instructor:** Maureen Bittner  
certified Walk Live instructor  
**Ages:** 18 and over  
**Resident Fee:** \$35.00  
**Non-Res Fee:** \$40.00  
6 session dates

3901.201  
**Dates:** 06/05/2019 - 07/17/2019  
**Time:** 6:00PM - 7:00PM  
Wed

3901.202  
**Dates:** 07/24/2019 - 08/28/2019  
**Time:** 6:00PM - 7:00PM  
Wed

**Location:** Community Center  
**No class** **Jul 3**

**T'ai-Chi Beginner**

This traditional T'ai-Chi Chuan class is for the beginning student as well as the student that wants to work on the first 1/3 of the form. The difference between T'ai-Chi and other martial arts is "CHI". In this class you will develop better balance, coordination and posture which is "the way" to move more efficiently and also beneficial for your health. As you practice...you will improve your balance, co-ordination and concentration. T'ai Chi is suitable for anyone looking to improve overall health. No prior experience is required. Wear loose fitting clothes and slippers or socks.

**Instructor:** Tamara Stark  
**Ages:** 18 and over  
**Resident Fee:** \$32.00  
**Non-Res Fee:** \$37.00  
4 session dates

3932.211  
**Dates:** 07/09/2019 - 07/30/2019  
Tue

3932.221  
**Dates:** 08/06/2019 - 08/27/2019  
Tue

**Location:** Community Center

**T'ai-Chi Intermediate**

This class is designed for students who have previous experience in a T'ai-Chi class and want to further their knowledge and experience. Instructor recommendation is required to enroll in this course. Twice a week rate is not available with online registration.

**Instructor:** Tamara Stark  
**Ages:** 18 and over  
**Resident Fee:** \$32.00  
**Twice a week:** \$ 55.00  
**Non-Res Fee:** \$37.00  
**Non-Res Fee:** \$60.00  
4 session dates

3932.213  
**Dates:** 07/11/2019 - 08/01/2019  
Thu

3932.223  
**Dates:** 08/08/2019 - 08/29/2019  
Thu

**Location:** Community Center

**You can register online for most Recreation programs!**  
**[www.bethelpark.net](http://www.bethelpark.net)**

**Looking for Summer  
Camp information?  
See page 30**





### ZUMBA® GOLD

Summer fun and Zumba® go hand in hand! Forget working out and come and lose yourself in the music in our exhilarating Zumba® class. It's easy to do! You will soon be soaring with energy and enjoying great music in a fun fitness party. It doesn't matter where you are in your exercise ability, this is a great place to start. There are no right or wrong moves in class, the key is to MOVE! The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Sign up for twice a week at a discounted rate! Twice a week rate is not available with online registration.

Instructor: Kathy Raeder  
 Ages: 18 and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
 6 session dates

3930.205  
 Dates: 06/11/2019 - 07/23/2019 Tue  
 Time: 9:30AM - 10:30AM

3930.206  
 Dates: 06/11/2019 - 07/23/2019 Tue  
 Time: 7:00PM - 8:00PM

3930.207  
 Dates: 06/12/2019 - 07/24/2019 Wed  
 Time: 9:30AM - 10:30AM

3930.208  
 Dates: 06/13/2019 - 07/25/2019 Thu  
 Time: 9:30AM - 10:30AM

3930.209  
 Dates: 06/13/2019 - 07/25/2019 Thu  
 Time: 6:00PM - 7:00PM

3930.215  
 Dates: 07/30/2019 - 09/03/2019 Tue  
 Time: 9:30AM - 10:30AM

3930.216  
 Dates: 07/30/2019 - 09/03/2019 Tue  
 Time: 7:00PM - 8:00PM

3930.217  
 Dates: 07/31/2019 - 09/04/2019 Wed  
 Time: 9:30AM - 10:30AM

3930.218  
 Dates: 08/01/2019 - 09/06/2019 Thu  
 Time: 9:30AM - 10:30AM

3930.219  
 Dates: 08/01/2019 - 09/06/2019 Thu  
 Time: 6:00PM - 7:00PM

**Location: Community Center**  
**No class Jul 2, Jul 3, Jul 4**

### RECREATION FLEA MARKET Begins MAY 18!

The market continues the 3rd Saturday of each month thru September  
 8:00 AM-2:00 PM  
 Port Authority Parking Lot, at the corner of Lytle and Brightwood Roads

### ZUMBA® GOLD for Active Senior/Beginner

Summer is a perfect time to start a new program. Come join our expanding Zumba® family. Men and woman alike are enjoying the same great music that lets you move to the beat at your own speed. This class provides modified, low impact moves for the active older adult or beginner. It's friendly, it's fun and it's good for you, what more can you ask for. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! No experience necessary. Sign up for twice a week at a discounted rate! Twice a week rate is not available with online registration.

Instructor: Kathy Raeder  
 Ages: 18 and over  
**Resident Fee: \$25.00** Non-Res Fee: \$30.00  
**Twice a week: \$45.00** Non-Res Fee: \$50.00  
 6 session dates

3930.203  
 Dates: 06/10/2019 - 07/15/2019 Mon  
 Time: 10:35AM - 11:15AM

3930.204  
 Dates: 06/12/2019 - 07/24/2019 Wed  
 Time: 10:35AM - 11:15AM

3930.213  
 Dates: 07/22/2019 - 08/26/2019 Mon  
 Time: 10:35AM - 11:15AM

3930.214  
 Dates: 07/31/2019 - 09/04/2019 Wed  
 Time: 10:35AM - 11:15AM

**Location: Community Center**  
**No class Jul 3**

### ZUMBA® Toning / ZUMBA® Fitness

Come shake up your regular exercise routine with a new Zumba® class format perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights) helps you focus on specific muscle groups so you (and your muscles) stay engaged. Lightweight maraca-like Toning Sticks enhance a sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. The first half of the class will follow the Zumba® Toning format. The second half will be pure Zumba® dance party. Twice a week rate is not available with online registration.

Instructor: Christine Froehlich  
 Ages: 18 and over  
**Resident Fee: \$35.00** Non-Res Fee: \$40.00  
**Twice a week: \$55.00** Non-Res Fee: \$60.00  
 6 session dates

3930.201  
 Dates: 06/10/2019 - 07/15/2019 Mon  
 Time: 6:00PM - 7:00PM

3930.202  
 Dates: 06/12/2019 - 07/17/2019 Wed  
 Time: 6:00PM - 7:00PM

3930.211  
 Dates: 07/22/2019 - 08/26/2019 Mon  
 Time: 6:00PM - 7:00PM

3930.212  
 Dates: 07/24/2019 - 08/28/2019 Wed  
 Time: 6:00PM - 7:00PM

**Location: Community Center**

## SPORTS

### Free Program!

#### Pickleball

Men and women, boys and girls ages 12 and above are invited to participate in a "drop-in" format Pickleball program at the Bethel Park Community Center Gym. This sport with the funny name is a combination of tennis, badminton and ping-pong and is slowly gaining a devoted following of players, from children through senior citizens. Pickleball is a low-impact sport played with 2-4 players on a court half the size of a tennis court. Although the rules are simple and easy to pick up, instructions will be provided to players. No experience is required to play.

Call 412-851-2912 for more information.

Ages: 12 years - Senior Adults  
**Fee: Free**  
 Class Times: 9:00 AM – 11:30 AM Mon  
 12:00 PM – 2:30 PM Wed  
 12:00 PM – 2:30 PM Fri

**Location: Community Center**  
**NO PLAY: May 27, Sep 2**

#### Ladies Volleyball

Women's volleyball takes place on Monday nights at the Community Center. This is a fun, recreational program. General knowledge of volleyball rules is helpful and moderate skill level is preferable.

Ages: 18 and over  
**Resident Fee: \$25.00** Non-Res Fee: \$30.00  
 8 session dates

3239.201  
 Dates: 07/01/2019 - 08/19/2019 Mon  
 Time: 8:30PM - 10:30PM

**Location: Community Center**

#### Co-Ed Volleyball

Looking for some fun, "backyard" style volleyball play? This is an informal program for co-ed volleyball play. Not designed as an instructional class, but an opportunity to have fun, socialize and meet new people.

Ages: 18 and over  
**Resident Fee: \$18.00** Non-Res Fee: \$23.00  
 6 session dates

3239.230  
 Dates: 06/09/2019 - 07/14/2019 Sun  
 Time: 7:00PM - 9:00PM

3239.231  
 Dates: 07/21/2019 - 08/25/2019 Sun  
 Time: 7:00PM - 9:00PM

**Location: Community Center**

**You can register  
 online for most  
 Recreation programs!  
[www.bethelpark.net](http://www.bethelpark.net)**

## WE'VE GOT YOU COVERED

Where else can you park in a covered lot for just \$2.00 a day. Our 2200-space parking garage at the South Hills Village T station not only keeps your car out of the weather, it keeps you dry with a covered walkway from the garage to the T platform. All for just 2 dollars a day. For more information, call customer service at 412.442.2000 or visit [PortAuthority.org](http://PortAuthority.org)

**PortAuthority.org**



# 2019 Dean Streator Concerts

## Bethel Park Community Center

**SUNDAYS**

**2:30 – 4:00 PM**

**Concerts are free, seating is limited.**

**N**  
**Recreation**  
**at**  
**BPM**



- July 7** **COMMUNITY BAND SOUTH** - will perform a medley of marching tunes, show tunes, patriotic and concert pieces.
- July 14** **NEW VINTAGE BIG BAND** – recreating the vintage music of the 30's, 40's, & 50's
- July 21** **MON VALLEY COMMUNITY BAND** – in existence for over 100 years. This band continues the tradition of bringing lively musical presentations to audiences.
- July 28** **ALLEGHENY BRASS BAND** - featuring styles of music from classics to opera, popular music from the Big Band era through today
- August 4** **KEYSTONE BARBERSHOP CHORUS** – enjoy a fantastic choir of men singing a cappella using four part harmony.
- August 11** **NO CONCERT**
- August 18** **PITTSBURGH BANJO CLUB** - program will consist of sing-alongs, vocals, banjo solos, polkas and Dixieland.

## SilverSneakers® at the Bethel Park Community Center!



**SilverSneakers®** programs are offered at the Bethel Park Community Center. The **SilverSneakers®** Fitness Program is the nation's leading fitness program designed exclusively for older adults. Regular participation in the program has been proven to help older adults manage their health and increase strength, balance, and endurance.

**SilverSneakers®** is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the **SilverSneakers®** benefit. There are over 5.8 million Medicare-eligible members who qualify for **SilverSneakers®**. There is no cost for SilverSneakers® eligible adults to become members and participate. You may already have **SilverSneakers®** available to you!

**SilverSneakers®** offers three easy ways to enroll. Simply choose one of the following options that best suits your lifestyle, and begin enjoying your benefit today!

- Simply take your **SilverSneakers®** Member ID card to the Bethel Park Community Center.
- No **SilverSneakers®** card? Bring your health plan ID card with you to the Community Center. Our staff will check your eligibility.
- Visit the Community Center and our staff can check on your eligibility by using your name, address, phone number, and birth date.

The **SilverSneakers®** Fitness Program is an innovative and fun health/exercise program helping older adults live healthy, active lifestyles. Get fit, have fun, make new friends!

Unlock the door to greater independence and a healthier life with **SilverSneakers®**. Benefits will include:

- Customized **SilverSneakers®** classes designed exclusively for older adults who want to improve their strength, flexibility, balance, and endurance.
- **SilverSneakers®** members can take advantage of the climate controlled, elevated indoor walking track just by swiping their **SilverSneakers®** membership card. The 1/12 mile track features 3 lanes for fitness lap walking or running. Track is open for use:

- Monday – Thursday      9:00am – 9:00pm
- Friday & Saturday      9:00am – 10:30pm
- Sunday                      12:00pm – 9:00pm

What are **SilverSneakers®** classes?

**SilverSneakers®** classes are Total-Body Conditioning Classes designed to increase muscular strength, endurance, range of movement, flexibility, balance, agility, and coordination. The classes are anywhere from 45 to 60 minutes. Classes typically involve the use of hand-held weights, elastic tubing with handles, and a small exercise ball. A chair may be used for seating or additional support.

**See page 33 for class schedule.**

**Who teaches the classes?**

**SilverSneakers®** classes are taught by credentialed instructors who are specially trained in leading fitness programs for aging adults. All **SilverSneakers®** class instructors undergo an in-person training and evaluation process to become a **SilverSneakers®** instructor. Our instructors are **Anne Brucker, Renea Bishop, Mary Ann Gerard, and Tricia Wick**. They are veteran instructors who have been teaching **SilverSneakers®** programs for years.