



eliminating racism
empowering women
ywca

Silver Sneakers at the YWCA of Asheville

All persons with **Humana Gold Choice Insurance** are eligible for Silver Sneakers Membership.

SilverSneakers **Membership includes** SilverSneakers classes and all other land based fitness classes as well as the use of the strength training and cardio equipment in the gym.

To participate in aquatics; water aerobics, lap swim or open swim; SilverSneaker participants must upgrade their membership to include Aquatics. This upgrade is an additional \$11.00 a month payable annually at \$132.00 to the YWCA of Asheville or by bank draft of \$11.00 a month.

SilverSneaker **enrollment is by appointment ONLY**. Please schedule enrollment with the YWCA Front Desk.

For more information please contact Susan Macdonald
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