

OUR FACILITY

At the Oneonta Family YMCA we realize our members and guests come to us with a great range of abilities and fitness levels. Here are some of the great amenities we offer:

- ⇒ Men's and Women's locker rooms 2nd & 3rd floors with saunas in the 3rd floor locker rooms
- ⇒ ADA compliant changing rooms with showers
- ⇒ ADA compliant ramps to both the main and back entrances. Handicap parking is available in our rear parking lot.
- ⇒ Elevator near the back entrance to access other floors
- ⇒ 4 lane heated pool for swimming laps and aqua classes
- ⇒ A lift to assist members and guests with limitations to access the pool
- ⇒ Vending machines and coffee

**Exercise
is good for
your body...
your mind...
your mood...
and your
memory!**



ONEONTA FAMILY YMCA
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www.oneontaymca.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ACCESSIBLE SUPPORT

**SENIOR WELLNESS
ONEONTA FAMILY YMCA**



MAKING CONNECTIONS

SILVER SNEAKERS

Silver Sneakers is available nationwide through select health plans and can help cover the cost of your membership. The Oneonta Family YMCA is a Silver Sneakers facility and members of Silver Sneakers attend our Silver Sneakers classes at no cost.

For information on how to sign up for Silver Sneakers or to find out if you are eligible visit www.silversneakers.com or call the toll free number: 1-888-423-4632.

RENEW ACTIVE/OPTUM & AARP BE WELL

With United Health Care's **Renew Active/Optum Fitness Advantage & AARP Be Well**, it's easy to keep your fitness routine fresh and fun. When you visit any participating location, you'll have access to a variety of exercise classes, fitness equipment and social activities. Visit any participating location at no additional cost to you, since both Optum Fitness Advantage and AARP Be Well are part of your United Health Care Medicare Advantage plan.

If you have any questions about these programs, please call the toll-free Customer Service number printed on the back of your insurance member ID card. Go to : <https://myrenewactive.com>

SENIOR FRIENDLY CLASSES

At the **Oneonta Family YMCA** we offer a variety of both land and water based wellness classes. Both land and water classes provide opportunity to improve strength, balance, flexibility, endurance, stress management and improve your overall well being.

Water classes are gentler on the joints and provide the extra healing benefits of water. The water and air temperature is 84 degrees to help keep you limber. The resistance of water helps build strength in a gentle way. Our classes are a great way to make new friends or provide a way for you to meet with current friends for some fun.

CLASSES OFFERED

Land Based

- Senior Circuit
- Strong Heart Strong Body
- Spinning
- Chair Yoga
- Restorative Yoga

Water Based

- Aqua Aerobics
- Senior Swim Tuesday & Fridays
- Deep Water Aqua

Silver Sneakers Land/Water Classes

- Silver Sneakers Classic
- Silver Splash Aqua
- Aqua-Fit Arthritis

SILVER AND FIT

The **Silver&Fit** Exercise and Healthy Aging Program provides its members access to the YMCA facility and its classes at an affordable cost. All members also may receive Healthy Aging educational materials online or by mail (upon request). Members can also sign up for *The Silver Slate®*, a free health and fitness newsletter just for you.

To Join Silver&Fit®, log on to the Silver&Fit website at www.MyExcellusMedicare.com/SilverFit or call the toll free number: 1-877-427-4788 or (TTY/TDD 1-877-710-2476)

NOT ELIGIBLE FOR THESE PLANS?

If you are not eligible for any of these plans, try contacting your health insurance company. Most insurances offer some type of wellness benefit that may assist with a gym membership.

Just call the member service number that appears on your insurance card.