



# MAKE A DIFFERENCE WITH SILVERSNEAKERS

Join the leader in senior fitness.

SilverSneakers® provides classes to millions of seniors at thousands of locations across the country. With eight signature SilverSneakers classes for all levels and abilities, including the higher-intensity SilverSneakers BOOM™ classes, you can teach the way that works for you.

**With SilverSneakers you can have**

- ✓ career growth opportunities
- ✓ continuing education
- ✓ the ability to impact the lives of seniors

## In the gym

- Created by fitness experts specifically for seniors
- Classes offered at thousands of participating locations nationwide
  - ✓ Classic, Circuit, Yoga, Stability, EnerChi, Splash, MIND, MOVE, MUSCLE

**Change lives. Start teaching.**

***Register now at [Instructor.TivityHealth.com](https://Instructor.TivityHealth.com)***

*See other side for our latest training information.*





### Get started: Online SilverSneakers Foundations training

- Learn how to work with SilverSneakers and promote the SilverSneakers Way of Teaching.
- Foundations is a pre-requisite for all other SilverSneakers training courses.
- External certifications and Core Knowledge and Basics trainings are no longer required.
- Foundations qualifies to earn external CECs.

**Cost: \$65**



### Get focused: Online Class Format training

- All signature SilverSneakers class format training will occur online. These trainings are self-guided and can be taken at any time.
- To register for format trainings, first complete Foundations.
- All format trainings have sample classes and sample exercises.
- Each format training awards external CECs through ACE, AFAA, ACSM and AEA.

**Cost: \$35**



### Stay Updated: Continuing Education

Our new continuing education process is a low-cost professional development path. To stay up-to-date, all instructors must earn eight Tivity Health™ continuing education credits every two years to maintain Foundations training.

Questions? Contact [instructorsupport@tivityhealth.com](mailto:instructorsupport@tivityhealth.com)