



Silver Sneakers Membership FAQ:

What is the Silver Sneakers Program?

- The Silver Sneakers program is offered by participating health care plans allowing adults 65+ to use **Edgewood's gym for free** and other facilities at a highly discounted price during the summer.

How Do I know if I Qualify?

-Check eligibility online at

<https://tools.silversneakers.com/Eligibility/CheckEligibility>

-Or Call/visit Edgewood's Front desk

What memberships do you offer?

-**Gym Only** membership is free and allows you to come to our gym facility year-round. This facility includes top of the line strength and cardio machines and free weights

-**Full Access Summer** membership costs \$50.00/month during the summer months (Memorial Day to Labor Day) and allows you to use the outdoor pool, tennis courts, pickle courts, basketball courts and newly installed paddle tennis courts. If you choose this plan you will **only be charged \$50/month for the summer months**. You will **not** be charged from October-April.

If I am a Full Access Member can I use the Gym during the winter?

-If you are a Full Access Member you may use the Gym during the winter and fall (Labor Day to Memorial Day) and **will not be charged for those months**

How do I register?

-Please fill out the membership form that can be found on our website www.edgewoodbtc.com or get one in person at Edgewood

-Turn in the form to Edgewood and bring your Silver Sneakers ID number and/or card which can be found at www.SilverSneakers.com/Card or through the SilverSneakers GO mobile app. Please see front desk or call if you would like help finding it

-Be sure to come to register from 8am-12pm and 5-9pm on weekdays and 9am-2pm on Saturday and Sunday if you wish to register during the winter/fall months

Once I am a member how do I sign into the club?

-Each time you come to use the facilities at the club you are kindly asked to scan your card at the front desk

When can I come to the gym in the winter?

-From October through April our gym hours are **8am-12pm and 5-9pm on weekdays and 9am-2pm on Saturday and Sunday.**

What does the gym offer?

-Our gym offers multiple treadmills, resistance bikes, free weights, medicine balls, cable machines and strength training machines that work all the essential muscles

Does the Full Access plan include classes or lessons?

-Our Full Access plan **only** includes use of the facility, any lesson or class is offered at an additional cost

Can I take a tour or look around before buying a membership?

-Please feel free to check out our pictures on our website

-You may also call ahead and our staff would be happy to schedule a tour of the facilities for free

