

thorbeckes *WELLNESS CENTER*

91 SW Chehalis Avenue, Chehalis
2020 Borst Avenue, Centralia
307 E. Robert Bush Dr., South Bend
360.748.3744



FREE Gym Memberships for Seniors
at Thorbeckes Wellness Center



SilverSneakers

Fitness is personal.

Exercise where, when, and how you want. As a SilverSneakers member, you may qualify for a free gym membership that includes access to all three of our **Thorbeckes** club locations!

SilverSneakers at Thorbeckes Wellness Center

Join us at Centralia, Chehalis & South Bend

Thorbeckes proudly features many senior fitness options, including senior group fitness classes at Chehalis & Centralia and HydroWorks classes at the Centralia Community Pool.



Gym Membership for Seniors

SilverSneakers is a program that provides free and reduced memberships for seniors who qualify. That's helping millions of people on Medicare defy the odds, shatter the stereotypes, and answer every challenge with, "I can do this!"

A Thorbeckes membership includes weights, treadmills, pool, and other amenities are included. We also offer fitness classes for all abilities led by our certified instructors. The Gyms are yours. The amenities are yours. The classes are yours. Now go get 'em!

Go to **[SilverSneakers.com](https://www.silversneakers.com)** to check your eligibility, or call the number on the back of your insurance card to see if your plan provides a SilverSneakers or fitness benefit

SilverSneakers & Thorbeckes

With your **SilverSneakers** membership at **Thorbeckes**, you can enjoy a place to exercise indoors and make friendships that last a lifetime.

Fitness For Your Wallet

Of course, health is worth the cost but wouldn't it be great to have a senior gym discount or no-cost gym membership for older adults? We think so too. That's why we partner with health places to provide free and reduced gym memberships for seniors at **Thorbeckes.**