

Learn how simple it is to locate your ID number, find fitness locations¹, access both SilverSneakers LIVE™ and SilverSneakers On-Demand™ fitness classes and workshops, learn about Tuition Rewards® and more!

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Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

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