

## Silver Sneakers Fitness Program

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Adults 65 and older through select Medicare plans

Family

No

Intake Process

Call or visit our website to learn more

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Gold's Gym, Culpeper

<https://www.goldsgym.com/culpeperva/>

<https://www.facebook.com/pages/Golds-Gym/1607906462784754>

Main

(540) 727-2000

201 Southgate Shopping Center

22701 VA

United States

Monday: 5:00 am-10:00 pm

Tuesday: 5:00 am-10:00 pm

Wednesday: 5:00 am-10:00 pm

Thursday: 5:00 am-10:00 pm

Friday: 5:00 am-9:00 pm

Saturday: 7:00 am-6:00 pm

Sunday: 7:00 am-6:00 pm

Fee Structure

No Fee

## Languages Spoken

English

Gold's Gym participates in the Silver Sneakers Fitness Program. Silver Sneakers is an innovative blend of physical activity, healthy lifestyle and socially oriented activities for adults 65 and older through select Medicare plans.

Members are able to access any participating fitness center in the U.S. while traveling, attend special classes designed for older adults, health education seminars and a free fitness membership at a nearby participating location with access to pool, exercise equipment, conditioning classes and more.

This program is offered by leading health plans and Medicare carriers throughout the country at no additional cost.

Call or visit [Silver Sneakers](#) to learn more.

Service Area(s)

Culpeper County