

# The Savoy Recreation Center is now a Healthways SilverSneakers® Fitness location



Check to see if your Medical Healthcare Plan is part of the program to see if you are eligible. If eligible, your insurance will pay for your membership.

## Spring into Fitness with SilverSneakers and The Savoy Recreation Center

- Engage in at least 30 minutes of moderate activity 5 or more days per week, this includes walking! (We have an indoor track)
- Include strength training exercises twice a week to improve and maintain muscular strength and endurance
- Perform low impact exercises if mobility is a problem, such as stretching
- Gentle forms of Yoga and Tai Chi help promote flexibility, improve balance and increase strength



For more information, including health plans that offer SilverSneakers, visit [silversneakers.com](http://silversneakers.com) or call 1-888-423-4632 (TTY: 711) Monday-Friday 8 am to 8 pm EST.

Savoy Recreation Center  
402 W. Graham Dr.  
Savoy, IL 61874  
217-359-3550  
[www.savoyrecreationcenter.com](http://www.savoyrecreationcenter.com)



**Contact Tiffany DeSpain  
with questions!**

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