

Do you want to exercise more? Here are some resources to help you start! This document includes details on various gym memberships, SilverSneakers, and other fun ways to be active in your community!

Gym memberships

Gym	Details	Website
Planet Fitness	<ul style="list-style-type: none"> ● Classic membership: \$10 / month <ul style="list-style-type: none"> ○ Startup fee: \$49 ○ Annual fee: \$49 ○ No commitment ● Offers 1 free day pass 	Gym Memberships As Low As \$10 Planet Fitness Planet Fitness Free Trial
EVERYBODY LA	<ul style="list-style-type: none"> ● Low income basic membership: \$25-30 / month <ul style="list-style-type: none"> ○ Local Low Income members can receive an additional \$5 off their 1 month or 6 month memberships ● Offers 1 free day pass 	Membership – EVERYBODY
Fitness 19	<ul style="list-style-type: none"> ● Basic membership: \$14.99 / month <ul style="list-style-type: none"> ○ Enrollment fee: \$59 ○ Annual fee: \$49.99 ○ Month-to-month payments, no commitment ● Offers 7 day free pass 	Fitness 19 Gym Memberships Affordable Fitness Center & Health Clubs 7-Day Pass Fitness 19
YMCA	<ul style="list-style-type: none"> ● Offers insurance paid memberships <ul style="list-style-type: none"> ○ Renew Active program waives join fee and gives seniors an individual membership at no cost ● Offers financial assistance for memberships <ul style="list-style-type: none"> ○ Apply by completing the Financial Assistance Application <ul style="list-style-type: none"> ■ Offered in English and Spanish 	Insurance Paid YMCA Metro LA Financial Assistance YMCA Metro LA

SilverSneakers

What is it?

- **SilverSneakers is a health and fitness program for adults 65+ that is included with many Medicare Plans!**
 - **SilverSneakers members have access to thousands of participating gyms and community centers, online fitness classes, prerecorded workouts, in-person exercise classes, and a supportive community!**

How do I know if I am eligible?

- **Check your eligibility through this link:**
https://tools.silversneakers.com/Eligibility/CheckEligibility?_ga=2.222793118.422287691.1679688681-1819222715.1679688681

What health plans are partnered with SilverSneakers?

- **Check which health plans are partnered through this link:**
https://tools.silversneakers.com/Eligibility/HealthPlans?_ga=2.159369279.422287691.1679688681-1819222715.1679688681

Other ways to get active

Outdoor Fitness Zones

- Avoid gym memberships and enjoy the outdoors with outdoor fitness equipment!
- Find one closest to you through these links, or type “Outdoor fitness zones near me” in your search bar:
 - Los Angeles: [OUTDOOR FITNESS ZONES | City of Los Angeles Department of Recreation and Parks](#)
 - Long Beach: [Fitness Zones](#)
 - Orange County: [Parks with Workout Equipment & Outdoor Gyms | Enjoy OC](#)

FREE Monthly Badminton Class

- 11430 Chandler Blvd. North Hollywood, CA, 91601
- https://www.laparks.org/discover-activities?activity_id=434556701

FREE Year Round Workout Class

- 5790 Compton Ave. Los Angeles, CA, 90011
- https://www.laparks.org/discover-activities?activity_id=325440604

FREE Spring Open Pickleball

- 560 North Western Ave San Pedro, CA, 90732
- https://www.laparks.org/discover-activities?activity_id=373460602

FREE Spring Adult Walking Club

- 2551 Motor Ave Los Angeles, CA, 90064
- https://www.laparks.org/discover-activities?activity_id=612440605

FREE Year Round Seniors Chair Meditation

- 5790 Compton Ave. Los Angeles, CA, 90011
- https://www.laparks.org/discover-activities?activity_id=325550601

FREE Spring Pickleball Club

- 2551 Motor Ave Los Angeles, CA, 90064
- https://www.laparks.org/discover-activities?activity_id=612440614