

Enrich the lives of seniors



Become a SilverSneakers instructor today!

SilverSneakers® classes are designed for all levels and abilities, helping you reach this growing demographic.

Q: How do I start, specialize, maintain or maximize my skills?

- A:**
- Instructors must complete SilverSneakers Foundations training
 - Foundations teaches instructors the SilverSneakers way of teaching and how to work with seniors.
 - \$65

Note: To maintain Foundations

- instructors are required to earn 8 Tivity Health credits every 2 years
- continuing education is available online and in-person

Q: Can I teach both in a fitness location and through SilverSneakers FLEX®?

- A:** Absolutely. In addition to working in a fitness location, you can teach FLEX, which is an exciting way to own your own business and make your own schedule. You determine where and when you teach.

Q: What do I need to get started?

- A:**
- be employed at a participating SilverSneakers location where classes are offered or are in the process of being offered
 - have a valid CPR certification with in-person practical
 - FLEX instructors only: have a valid FLEX contract to begin SilverSneakers training coursework

View a full list in the Instructor Resource Center.

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Q: What are the SilverSneakers classes, and how do the formats differ?

A: SilverSneakers offers eight signature class formats to meet a wide variety of participant needs. Instructors must specialize in their format(s) of choice by completing format training. Training provides class design principles, as well as how to select and adapt exercises for specific limitations and conditions.

**Classic
Circuit
Yoga
Splash**

**Stability
SilverSneakers BOOM™ MIND
SilverSneakers BOOM MUSCLE
SilverSneakers BOOM MOVE**

Visit the Instructor Resource Center for complete class descriptions.

*All classes include written content, instructional videos, class choreography, core exercise library and a written assessment.

Q: How many Continuing Education Credits (CECs) will instructors receive for completing SilverSneakers coursework?

A:	Foundations Training \$65	Signature Class Format (Online): \$35 (Per training)
	ACE .50	ACE .20
	AFFA 5.00	AFFA 5.00
	ACSM 5.00	ACSM 2.5
	AEA 5.00	AEA 2.5
	NASM .50	NASM .20

Continuing Education: Prices Vary

Add SilverSneakers classes to your location.

Email the Instructor Resource Center at instructor@tivityhealth.com

