



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SILVER SNEAKERS AT THE ROCKLAND COUNTY YMCA

Fitness for All ROCKLAND COUNTY YMCA

SilverSneakers gives you FREE access to all programs at the Rockland County YMCA thru more than 60 health plans nationwide.

To see if you are eligible:

Call toll-free: 866-584-7389, Monday – Friday, 8 a.m. – 8 p.m.

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- Unlimited gym access
- Unlimited YMCA fitness classes
- Exclusive Silver Sneakers Classes
- Access to Lap Swim & Aqua Exercise

LOCATION: **ROCKLAND COUNTY YMCA**

35 South Broadway
Nyack, NY 10960
845-358-0245

