

Participating SilverSneakers Fitness Centers



Check the list for a location near you and enjoy your SilverSneakers Fitness Program benefits today!

The program is free to you as an MVP Gold member*. Enroll now to join the fun at one of these SilverSneakers locations:

Albany

Capital Cardiology Associates, P.C.
(518) 292-6080

Sidney Albert Albany Jewish Community Center
(518) 438-6651

Amsterdam

Amsterdam YMCA
(518) 842-2130

Horace J. Inman Senior Center
(518) 842-3815

Auburn

Auburn YMCA-WEIU
(315) 253-5304

Ballston Lake

Malta Health & Fitness
(518) 899-9146



Baldwinsville

Riverside Fitness Center
(315) 638-3472

Catskill

Summit Hill Athletic Club
(518) 943-4892

Clifton Park

Healthplex Fitness Center
(518) 383-0225



Cortland

YWCA of Cortland
(607) 753-9651

Fayetteville

East Area Family YMCA
(315) 637-2025

Fishkill

Gold's Gym
(845) 896-3300



Fulton

Fulton YMCA
(315) 598-9622

Gloversville

Fulton County YMCA - Gloversville Branch
(518) 725-0627



Granville

Senior Center of Kingsbury
(518) 642-0629

Green Island

Forever Young Health Club
(518) 273-2200

Guilderland

Gold's Gym - Guilderland
(518) 464-1500

Hudson

Hudson Health & Fitness
(518) 822-0443

Kingston

Mid-Hudson Athletic Club
(845) 338-2887

Latham

ABC Sports & Fitness
(518) 783-0705



Little Falls

Little Falls Family YMCA
(315) 823-1740

Liverpool

North Area Family YMCA
(315) 451-2562

Middleburgh

Middleburgh Gym
(518) 827-7500

Middletown

Bare Fitness
130 Dolson Ave., Ste. 1
(845) 341-0480



Mohawk

YMCA of the Mohawk Valley
(315) 866-6570

Newburgh

Gold's Gym
(845) 564-7500

Nichols

Family Fitness Center
263 W. River Rd.
(607) 699-7498

Niskayuna /Schenectady

Robert and Dorothy Ludwig Jewish Community Center of Schenectady
(518) 377-8803



Norwich

Aim Fitness
(607) 336-9011



Oneida

Oneida Family YMCA
(315) 363-7788

Poughkeepsie

Gold's Gym LaGrange
(845) 463-4800

Queensbury

Global Fitness
(518) 793-3400

Ravena

Neighborhood Health & Fitness
(518) 756-3487

Rensselaer

Rensselaer Area Senior Services Center
(518) 463-2166



Rome

Rome Family YMCA
(315) 336-3500

Saratoga Springs

YMCA of Saratoga Springs - West Avenue Branch
(518) 583-9622

Schenectady

YWCA of Schenectady
(518) 374-3394

Syracuse

Downtown Syracuse YMCA
(315) 474-6851

Tioga

Family Fitness Center
(609) 699-7498

Troy

Troy Boys & Girls Club
(888) 423-4632



Utica

Parkway Senior Center
(315) 223-3973

Vestal

JCC of Binghamton
(607) 724-2417

Did you know?

SilverSneakers partners with more than 2,700 fitness centers and health clubs in 49 states, plus the District of Columbia and Puerto Rico. That means you can continue your SilverSneakers exercise program without taking long breaks while on vacation or away from home. SilverSneakers allows all MVP Gold members to join in the fun and stay in shape at any participating fitness center or class site across the United States!

Questions? Call MVP Gold Member Services at one of the phone numbers on page 3.

***The products and services described are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the MVP Gold grievance process.**

