



# Calling All Active Adults

## Silver Sneaker Exercise Program

Montgomery County Recreation Department has instituted a new program for adults interested in a cardiovascular and resistance training regimen for health improvement. Beginning now, anyone 55 years or older, may make use of any of our local MCRD Recreation Centers from **9:00am–2:00pm, Monday–Friday** at no charge. That's right, no charge! All you need to enjoy this program is our new **Silver Sneaker Membership** (it's free too!). Just swipe it at the front desk of any of our 15 centers and you are free to work out to your heart's (and other muscles) content. Our weight and exercise rooms have some of the latest and best equipment for strengthening your muscles and your heart utilizing a personalized program designed to make your everyday activities, sports and recreational pursuits much easier. Just think about the smile on your doctor's face when they find out you are actually doing those weight bearing activities designed to help stop osteoporosis in it's tracks.

If you wish, you can also take one of our **free county-wide fitness clinics** that include personal instruction in the basics of exercise and the proper use of the equipment now available to you. You can't get a deal like this anywhere else! Flyers for these fitness clinics are available at any recreation center.

**Silver Sneaker Membership** required. Available at any of our 15 recreation centers, senior centers and our main office (MCRD swimming facilities are not included in this offer). Facilities differ as to quantity and style of exercise machines available.

This free activity is a public service of Montgomery County Recreation Department and is available at the following locations:

Bauer Drive Community Center  
Clara Barton Community Center  
Coffield Community Center  
Damascus Community Center  
East County Community Center  
Germantown Community Center  
Leland Community Center  
Longwood Community Center

Long Branch Community Center  
Marilyn J. Praisner Community Center  
Plum Gar Community Center  
Potomac Community Center  
Ross Boddy Community Center  
Upper County Community Center  
Wheaton Community Center

**Call 240-777-4922  
for more information.**

Montgomery County  
**RECREATION**  
DEPARTMENT