

The *Fit For Life Club*



The *Fit for Life Club* is a fitness benefit available to Senior Dimensions (HMO-POS) members in Southern Nevada. It includes:

- Unlimited access to identified indoor and outdoor pools for open/lap swim
- Unlimited use of fitness rooms
- One senior/low impact exercise class or water exercise class every six weeks (or ongoing for those classes that are offered on a continual basis) at no cost to you

How do I join the *Fit for Life Club*?

As a member, you are automatically in the Fit for Life Club. To begin a fitness program at one of the participating centers, show your Senior Dimensions membership card at the registration desk. It's that simple!

If you are currently a member and have questions regarding your fitness benefit or the Fit for Life Club, please call Customer Service at:

1-800-650-6232; TTY: 711

Customer Service Hours

We are open Monday - Friday from 8 am to 8 pm. Calls on Saturday, Sunday and holidays will be received by our automated phone system (where you can leave a detailed message and a representative will return your call as soon as possible). From October 15, 2011 through February 14, 2012, we are open from 8 am to 8 pm, seven days a week.

Senior Dimensions Medicare Advantage plan is insured through Health Plan of Nevada, Inc., a UnitedHealthcare Insurance Company and Medicare Advantage organization with a Medicare contract. Service area covers Clark and Nye counties. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information, contact the plan. Benefits may change on January 1, 2013.



Fit For Life Club *Facility Locations**

City of Las Vegas

Centennial Hills Active Adult Center

6601 N. Buffalo Dr., 89131 | 702-229-1702

Chuck Minker Sports Complex

275 N. Mojave Rd., 89101 | 702-229-6563

Doolittle Senior Center

1930 J Street, 89106 | 702-229-6125

Dula Gym

441 E. Bonanza Rd., 89101 | 702-229-6307

East Las Vegas Senior – Community Center

250 N. Eastern Ave., 89101 | 702-229-1515

Municipal Pool

431 E. Bonanza Rd., 89101 | 702-229-6309

Veterans Memorial Leisure Service Center

101 No. Pavilion Center Dr., 89144 | 702-229-1100

City of North Las Vegas

Neighborhood Recreation Center

1638 N. Bruce Street, 89030 | 702-633-1600

Silver Mesa Recreation Center

4025 Allen Ln., 89032 | 702-633-2550

Clark County

Cambridge Recreation Center

3930 Cambridge Street, 89119 | 702-455-7169

Cora Coleman Senior Center

2100 Bonnie Ln., 89156 | 702-455-7617

Desert Breeze Community Center and Indoor Pool

8275 Spring Mtn Rd., 89117 | 702-455-8334 or 702-455-7798

Hollywood Recreation Center

1650 S. Hollywood Blvd., 89142 | 702-455-0566

Paradise Recreation Center

4775 McLeod Dr., 89121 | 702-455-7513

Parkdale Community Center

3200 Ferndale Street, 89121 | 702-455-8502

Walnut Recreation Center

3075 N. Walnut Rd., 89115 | 702-455-8402

West Flamingo Center for Active Adults and Indoor Pool

6255 W. Flamingo Rd., 89103 | 702-455-7742

Whitney Senior Center

5712 Missouri Ave., 89122 | 702-455-7576

Winchester Cultural Center

3130 S. McLeod Dr., 89121 | 702-455-7340

City of Henderson

Black Mountain Recreation Center

599 Greenway Rd., 89015 | 702-267-4070

Downtown Recreation Center

105 W. Basic Rd., 89015 | 702-267-4040

Heritage Park Senior Facility and Indoor Pool

300 S. Racetrack Rd., 89015 | 702-267-2950 or 702-267-2980

Henderson Multigenerational Center and Indoor Pool

250 S. Green Valley Pkwy., 89012 | 702-267-5800 or 702-267-5824

Silver Springs Recreation Center

1951 Silver Springs Pkwy., 89074 | 702-267-5720

Valley View Recreation Center

500 S. Harris Street, 89015 | 702-267-4060

Whitney Ranch Recreation Center and Indoor Pool

1575 Galleria Dr., 89014 | 702-267-5850 or 702-267-5870

City of Boulder City

Boulder City Pool

861 Avenue B, 89005 | 702-293-9286

Community Fitness Center

801 Adams Blvd., 89005 | 702-293-0870

City of Mesquite

Mesquite Recreation Center

100 W. Old Mill Rd., 89027 | 702-346-8732

Pahrump

First Move Fitness

2271 E. Commercial Ave., 89048 | 775-751-6683

YMCA of Southern Nevada

Bill and Lillie Heinrich YMCA

4141 Meadows Ln, 89107 | 702-877-9622

The City of Las Vegas Centennial Hills Community Center, operated by the YMCA

6601 N. Buffalo Dr., 89131 | 702-478-9622

The City of Las Vegas Durango Hills Community Center, operated by the YMCA

3521 N. Durango Dr., 89129 | 702-240-9622

City of North Las Vegas Skyview Multi-Generational Center, operated by YMCA

3050 E. Centennial Pkwy, 89081 | 702-522-7500

*Availability may change. Please contact plan.