



Silver Sneakers Members,

The health and safety of SilverSneakers® members, instructors, location staff and of all citizens is of the utmost importance to us. The efforts you have made to prioritize your health and wellbeing do not need to come to a halt despite the temporary delay in our face-to-face [group or individual] connections.

While we may not be gathering in-person for the time being, we are together in spirit and want to help you continue progressing toward the goals you set for yourself. The YMCA of Lansing wanted to announce that we are rolling out **our Silver Sneakers Virtual Portal** to help keep you active and healthy during this time.

How to access the Silver Sneakers Virtual Portal:

Click on the link below to take you to our Silver Sneakers Virtual Portal scan in page. Please fill out your First and Last Name, Birthdate, and 16 Digit Silver Sneakers number (you can find on your card).

Once you submit the information, you will be taken to our Silver Sneakers Virtual Portal!

What is the Silver Sneakers Virtual Portal?

The Silver Sneakers Virtual Portal is a website designated to our Silver Sneakers members and gives you access to FREE virtual fitness options and healthy resources to help you stay active and healthy during this time!

Click the button below to check out our Silver Sneakers Virtual Portal!

If you have any questions, please feel free to email
marketing@lansingymca.org.

[Click Here to Silver Sneakers Login](#)



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