SilverSneakers® Locations

Healthways SilverSneakers® Fitness Program

Augusta
Kennebec Valley YMCA - Augusta Campus
31 Union St.
(207) 626-3488
Amenities: E, S, P, SC

Bowdoin
Cathance Fitness Center
1201 Main St.
(207) 666-3463
Amenities: E, SC

Brewer
Snap Fitness - Brewer
242 State St.
(207) 989-7070
Amenities: E

Brunswick
Maine Pines Racquet & Fitness
120 Harpswell Rd.
(207) 729-8433
Amenities: E, S, SC

Corinth
Corinth Health & Fitness
2 Village Dr.
(207) 285-7888
Amenities: E, SC

Falmouth
Snap Fitness - Falmouth
65 Gray Rd.
(207) 899-4473
Amenities: E

Guilford
Friends of Community Fitness
31 High St., Ste 17
(207) 876-4813
Amenities: E, SC

Harrington
Fitness Central
1110 Main St.
(207) 483-2222
Amenities: E

Lewiston
The Health Club & Spa
1977 Lisbon Rd.
(207) 782-9188
Amenities: E, S, P, W, SC

Livermore Falls
Fitness Stylz
17 Depot St.
(207) 897-5978
Amenities: E, SC

Manchester
Kennebec Valley YMCA - Manchester Campus
40 Granite Hill Rd.
(207) 622-9622
Amenities: E, SC

Northport
Point Lookout Fitness Center
67 Atlantic Hwy.
(207) 789-2011
Amenities: E, SC

Old Town
Old Town-Orono YMCA
472 Stillwater Ave.
(207) 827-9622
Amenities: E, P, SC

Rockport
Penobscot Bay YMCA
116 Union St.
(207) 236-3375
Amenities: E, P

Saco
Saco Sport & Fitness
329 North St.
(207) 284-5953
Amenities: E, S, P*, W, SC

South Portland
Basics Fitness Center
380 Western Ave.
(207) 774-3536
Amenities: E, SC

Waterville
Champions Fitness Club
30 Elm Plaza
(207) 873-0571
Amenities: E, S, SC

Windham
21st Century Family Fitness Center
8 Heathwood Dr.
(207) 892-3231
Amenities: E, S, SC

Please call your selected location for information on hours of operation. Visit **www.silversneakers.com** for the most up-to-date list.

Amenities Legend:

E Exercise Equipment
S Steam/ Sauna
P Pool
W Whirlpool
SC SilverSneakers Classes
***** Seasonal Pool

SSFPME-1 9.11