

VIA NOW ACCEPTING SILVER&FIT FITNESS FACILITY PROGRAM.

"We joined the Silver&Fit program because there are so many things offered, and it will help keep us young and healthy. We're silver, we're fit, and we're



Fitness is Timeless.

The Silver&Fit program is designed for older adults! By exercising regularly and meeting new people, you can be Silver, Fit, and Fabulous® too!

Resource Library

Browse our library of online classes, healthy aging videos, articles, and The Silver Slate® newsletter.

Fitness Challenges

Stay motivated with these fun and social challenges. Invite supporters to cheer for you as you work on your goals.

Silver&Fit Connected!™

Track your exercise using a fitness device or app—simply log in to see all of your activity.

Rewards Program

Get rewarded for being active. Earn rewards like hats and collector pins.

Silver&Fit acceptance begins January 5th.

Check out our new Senior Fitness classes and Fitness Center hours at www.viamobile.org and click on Fitness Schedule on the homepage.