Independence Blue Cross members have a great way to get fit, have fun and make friends – **all at no additional cost!**

The SilverSneakers Fitness Program is designed specifically for Medicare beneficiaries. The program concentrates on improving strength and flexibility so daily living activities become easier. It’s a fun way to stay in shape and increase social interaction, and it’s offered to most Independence Blue Cross Medicare Advantage members. As the nation’s leading exercise program designed exclusively for older adults, SilverSneakers engages members and helps keep them motivated to improve their own health and well-being.

What does the SilverSneakers Fitness Program offer?
- a complimentary fitness membership to a variety of more than 2,900 participating locations* nationwide. See attached list or Visit www.silversneakers.com to find a SilverSneakers location.
- exercise options for members at all levels of fitness
- fitness equipment, treadmills and free weights, and access to amenities like a swimming pool or indoor walking track
- the signature SilverSneakers group exercise classes that are easy on joints, help improve balance and muscle strength, and are led by experienced, caring instructors certified in older-adult fitness programming
- a non-intimidating environment where members can meet new people who share their health goals, participate in social activities and receive health education

*Class offerings, services and amenities vary by location.

**SilverSneakers** engages members and helps keep them motivated to improve their own health and well-being.

Independence Blue Cross members eligible for SilverSneakers:
- Keystone 65 (Value, Advantage, Preferred, and Complete)
- Personal Choice 65SM (Standard)
- Select Advantage (Silver)
Impact of Regular Physical Activity

Primary Prevention
• Reduces the risk of developing:
  • Heart disease
  • Stroke
  • Hypertension
  • Type 2 diabetes
  • Colon cancer
  • Breast cancer
  • Osteoporosis
  • Falls and related injuries
• Increases strength
• Boosts metabolic rate
• Reduces body fat percentage
• Increases bone mineral density
• Improves cognitive function
• Assists with weight management
• Prolongs independence
• Enhances social well-being
• Improves health status
• Enriches quality of life

The SilverSneakers® Fitness Program is designed to address many of the chronic conditions seen in the older-adult population, including the following.

Diabetes
Beginning and keeping good health habits is key to helping control type 2 diabetes. Walking, stair climbing, low-impact activities and weight training are some exercises recommended for those at risk.

Hypertension
Exercise and diet help manage hypertension. Some exercises recommended for hypertension include brisk walking, moderate aerobic classes and low-impact activities.

Depression
Exercise has been shown to help reduce depression symptoms among patients with major depressive disorder.

Congestive Heart Failure
Exercise is associated with improved symptoms, exercise capacity and functional well-being in patients with CHF. Better results may be achieved when exercise is combined with peer-group support and health education regarding lifestyle changes.
**Osteoporosis**
Exercises that focus on bone health include weight-bearing and resistance exercises, such as walking, stair climbing, low-impact activities and weight training.

**Osteoarthritis**
Aerobic and resistance exercises, such as walking, weight-training and water exercises, are effective in reducing pain, improving range of motion and reducing disability. Among SilverSneakers class offerings is SilverSplash®, an aqua exercise class designed specifically for older adults.

Refer your Independence Blue Cross Medicare Advantage members to enroll at a participating SilverSneakers Fitness Program location today!

**Participating SilverSneakers Locations**

<table>
<thead>
<tr>
<th>Bucks</th>
<th>Doylestown (cont.)</th>
<th>Ivyland</th>
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<tbody>
<tr>
<td>Bristol</td>
<td>Total Fitness Zone</td>
<td>Spring Mill Athletic Club</td>
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<tr>
<td>Nirvana Athletic &amp;</td>
<td>800 N. Easton Rd.</td>
<td>173 Jacksonville Rd.</td>
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<tr>
<td>Fitness Center</td>
<td>215-489-2010</td>
<td>215-328-9400</td>
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<tr>
<td>215-788-8800</td>
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<tr>
<th>Chalfont</th>
<th>Fairless Hills</th>
<th>Langhorne</th>
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<tbody>
<tr>
<td>Better Bodies Cross</td>
<td>Lower Bucks Family YMCA -</td>
<td>Bally Total Fitness -</td>
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<tr>
<td>Training Center</td>
<td>Fairless Hills Branch</td>
<td>Oxford Valley</td>
</tr>
</tbody>
</table>

| Philadelphia Sports Clubs - | Feasterville                            | Morrisville                      |
| Highpoint                | B&R Family Fitness Club                  | Pennsbury Racquet & Athletic Club |
| 1 Highpoint Dr.          | 1040 Mill Creek Dr.                      | 375 W. Trenton Ave.              |

| Doylestown              | Furlong                                  | New Hope                         |
| Doylestown Fitness Center| Cornerstone Health & Fitness - Doylestown| Cornerstone Health & Fitness -    |
| 4339 Swamp Rd.          | 740 Edison Furlong Rd.                   | New Hope                         |
| Amenities: E, SC        | Amenities: E, S, SC                      | 215-862-2200                     |

| Ivyland                | Langhorne                                | Morrisville                      |
|                        |                                          | Pennsbury Racquet & Athletic Club|
|                        |                                          | 375 W. Trenton Ave.              |
|                        |                                          | 215-736-0248                     |
|                        |                                          | Amenities: E, S, SC              |
Newtown
Center Club at Newtown
2132 S. Eagle Rd.
215-579-7600
Amenities: E, S, SC

Perkasie
Fitness Plus of Perkasie
12 N. 7th St.
Ms. Cindy’s School of Dance
215-257-8850
Amenities: SC

Quakertown
Upper Bucks YMCA
451 California Rd.
215-536-8841
Amenities: E, S, SC

Chester
Berwyn
Surrey Services for Seniors
28 Bridge Ave.
610-647-6404
Amenities: E, S, SC

Downingtown
Club Volant
981 E. Lancaster Ave.
610-518-7680
Amenities: E, S, P, SC

Exton
Tennis Addiction Sports Club
202 Phillips Rd.
610-363-1052
Amenities: E, SC

Kennett Square
Kennett Area Senior Center
427 S. Walnut St.
610-444-4819
Amenities: SC

Malvern
Level 5 Fitness & Conditioning
10-20 Liberty Blvd.
610-644-6575
Amenities: E, SC

Oxford
Oxford Area Senior Center
12 E. Locust St.
610-932-5244
Amenities: SC

Parkesburg
Wellness Xpress
4217 W. Lincoln Hwy.
484-712-5106
Amenities: SC

Phoenixville
Phoenixville Health and Fitness
289 Schuylkill Rd.
610-933-6929
Amenities: E, SC

St. Davids
Philadelphia Sports Clubs - Radnor
555 E. Lancaster Ave.
610-688-3342
Amenities: E, S, P, SC

Thorndale
Gold's Gym - Thorndale
50 James Buchanan Dr.
610-380-4653
Amenities: E, S, SC

Wayne
Club La Maison Health & Fitness Complex
215 Sugartown Rd.
610-964-8800
Amenities: E, S, P, W, SC

West Chester
West Chester Area Senior Center
530 E. Union St.
610-431-4242
Amenities: SC

Delaware
Ardmore
Philadelphia Sports Clubs - Ardmore
34 W. Lancaster Ave.
610-645-7600
Amenities: E, S, SC

Aston
Tri State Sports
63 Concord Rd.
610-494-3600
Amenities: E, P*, SC

Broomall
Gold's Gym - Broomall
2920 Springfield Rd.
610-353-5633
Amenities: E, S, SC

Sussex Fitness Center
1101 Sussex Blvd.
610-328-2610
Amenities: E, P, W, SC

Darby
Mercy Fitness Center at Mercy Fitzgerald Hospital
1503 Lansdowne Ave.
610-237-2607
Amenities: SC

Oak Mills
Excel Physical Therapy and Fitness
331 Wilmington-West Chester Pike Rte. 202 and Smithbridge Rd.
610-558-5866
Amenities: E, SC

Havertown
Zone Fitness
162 W. Eagle Rd.
610-789-8272
Amenities: E, SC

Media
Hometown Senior Center
302 S. Jackson St.
610-566-0505
Amenities: SC

Woodlyn
Bally Total Fitness - MacDade
1245 MacDade Blvd.
610-521-4266
Amenities: E, SC

Montgomery
Ambler
The Becoming Center
250 N. Bethlehem Pike
215-643-9908
Amenities: E, P, SC

Bala Cynwyd
The Aquatic & Fitness Center - Bala Cynwyd
601 Righters Ferry Rd.
610-664-6464
Amenities: E, S, P, W, SC

Collegeville
Body Transit Fitness
305 Second Ave., Ste. 212
610-489-8855
Amenities: E, S, SC

Conshohocken
Gold's Gym - Conshohocken
200 W. Ridge Pike
610-940-6787
Amenities: E, S, SC
Dresher
Twining Valley Golf & Fitness Club
1400 Twining Rd.
215-659-4004
Amenities: E, SC

Elkins Park
The Gym, Elkins Park
46 E. Church Rd.
215-379-3488
Amenities: E, S, SC

Fairview Village
Kinetix Sports Club
951 N. Park Ave.
610-539-6700
Amenities: E, S, SC

Flourtown
Aerobics, Etc.
1710 Bethlehem Pike
215-356-5500
Amenities: SC

Gilbertsville
Final Results Fitness
1100 Grosser Rd.
610-367-6611
Amenities: SC

Harleysville
Genesis Fitness Centre - Harleysville
671 Main St.
215-256-9998
Amenities: E, SC

Indian Valley
Family YMCA
890 Maple Ave.
215-723-3569
Amenities: E, SC

Lansdale
Central Montgomery Medical Center
100 Medical Campus Dr.
215-368-2100
Amenities: E, SC

Hatfield
Hatfield Athletic Club
2420 Bethlehem Pike
215-822-6177
Amenities: E, S, SC

Horsham
Horsham 24 Hour Fitness Club
217 Wittmer Rd.
215-443-8510
Amenities: E, S, SC

Huntingdon Valley
Body Dynamics Fitness Center
1810 County Line Rd.
Bldg. 400
215-942-9500
Amenities: E, SC

Jenkintown
The Aquatic & Fitness Center - Jenkintown
921 Old York Rd.
215-887-8787
Amenities: E, S, SC

King of Prussia
Bally Total Fitness - King of Prussia
256 Mall Blvd.
610-768-0710
Amenities: E, S, P, W, SC

Fairmount Athletic Club
499 S. Henderson Rd.
610-992-1004
Amenities: E, S, SC

Lansdale (cont.)
La Crest Health Center of the North Penn YMCA
624 E. Main St.
215-368-1526
Amenities: E, SC

Total Body Fitness
611 S. Broad St.
215-361-1888
Amenities: E, S, P, SC

Meadowbrook
Holy Redeemer Health and Fitness Center
1648 Huntingdon Pike
215-947-5971
Amenities: E, SC

Norristown
Montco SAAC
536 George St.
610-275-1960
Amenities: SC

Montgomery Hospital Rehabilitation Services
1330 Powell St.
610-270-2002
Amenities: E, P, W, SC

Oaks
Gold’s Gym - Oaks
RT 422 Business Center
122 Mill Rd.
610-650-3166
Amenities: E, S, SC

Pennsburg
Cappuccio Dance Academy
859 Main St.
215-679-7006
Amenities: SC

Plymouth Meeting
Greater Plymouth Community Center
2910 Jolly Rd.
610-277-4312
Amenities: E, S, P, W, SC

Pottstown
Pottstown Health Club
210 Moser Rd.
610-326-6216
Amenities: E, S, W, SC

Pottstown Memorial Medical Center at CarePlex
81 Robinson St.
610-970-1600
Amenities: E, SC

Royersford
Gold’s Gym of Limerick
70 Buckwalter Rd.
610-948-4088
Amenities: E, S, SC

Souderton
Genesis Fitness Centre - Souderton
76 County Line Rd.
215-721-0600
Amenities: E, SC

Willow Grove
Abington Fitness Institute
2510 Maryland Rd.
Ste. 100
215-481-5900
Amenities: E, SC

Bally Total Fitness - Willowgrove
151 Old York Rd.
215-657-8500
Amenities: E, S, P, W, SC
Wyncote  
Bally Total Fitness - Cheltenham  
1000 Easton Rd.  
215-576-7807  
Amenities: E, S, SC

Wynnewood  
Kaiserman JCC  
45 Haverford Rd.  
610-896-7770  
Amenities: E, S, P, W, SC

Philadelphia  
Philadelphia  
Bally Total Fitness - Aramingo  
3400 Aramingo Ave.  
215-426-0880  
Amenities: E, SC

Bally Total Fitness - Franklin Mills  
851 Franklin Mills Cir.  
215-637-1580  
Amenities: E, S, P, W, SC

Bally Total Fitness - Northeast  
9185 Roosevelt Blvd.  
215-676-9110  
Amenities: E, P, W, SC

Bally Total Fitness - South Philly  
2425 S. 24th St.  
215-468-6741  
Amenities: E, S, SC

Body Challenge Fitness Center  
1600 W. Hunting Park Ave.  
2nd Fl.  
215-457-8418  
Amenities: E, SC

Philadelphia (cont.)  
Boyles World Gym Fitness Center  
11000 Roosevelt Blvd. Plaza  
215-677-1496  
Amenities: E, SC

City Fitness Philadelphia  
200 Spring Garden St.  
215-923-4114  
Amenities: E, S, SC

East Falls Fitness  
3751 Ridge Ave.  
215-223-2311  
Amenities: E, S, SC

Frankford Hospitals Wellness Centers  
Red Lion and Knights Roads  
215-612-4576  
Amenities: E, SC

Fusion: Heart, Muscle, Mind  
105 S. 12th St.  
215-733-0633  
Amenities: E, SC

JCC Klein Branch  
10100 Jamison Ave.  
215-698-7300  
Amenities: E, S, P, SC

John M. Perzel Community Center  
2990 St. Vincent St.  
215-331-7120  
Amenities: SC

Juniata Park Older Adult Center  
1251 E. Sedgley Ave.  
215-685-1490  
Amenities: SC

Lehigh Senior Center  
1701 W. Lehigh Ave. Bldg. 6  
215-226-0761  
Amenities: SC

M. L. King Older Adult Center  
2101-35 W. Cecil B. Moore Ave.  
215-685-2715  
Amenities: SC

Mann Older Adult Center  
3201 N. 5th St.  
215-685-9844  
Amenities: SC

Mercy Fitness & Wellness Center  
5008 Baltimore Ave.  
2nd Fl. Fitness Center  
215-764-8505  
Amenities: E, SC

MossRehab Outpatient Centers  
2400 Market St., Ste. 15 Marketplace Design Center  
215-523-7600  
Amenities: E, SC

Norcom Community Center  
10980 Norcom Rd.  
215-613-1070  
Amenities: E, SC

Northeast Community Center  
2840 Holme Ave.  
215-335-0870  
Amenities: E, S, P, SC

Northeast Older Adult Center  
8101 Bustleton Ave.  
215-685-0577  
Amenities: SC

Oxford Rehabilitation and Fitness Center  
6735 Harbison Ave.  
215-725-2000  
Amenities: E, P, SC

Philadelphia Senior Center - Main Branch  
509 S. Broad St.  
215-546-5879  
Amenities: SC

Philadelphia Senior Center Tioga Branch  
1531 W. Tioga St.  
215-227-9999  
Amenities: SC

Philadelphia Sports Clubs - Market Street  
1735 Market St.  
215-564-5353  
Amenities: E, S, SC

Philadelphia Sports Clubs - Rodin Place  
2000 Hamilton St.  
215-568-9555  
Amenities: E, S, SC
Philadelphia (cont.)
Philadelphia Sports Clubs - Society Hill
220-250 S. 5th St.
215-592-8900
Amenities: E, S, P*, SC

SIS Fitness
1320 Somerville Ave.
215-457-8663
Amenities: E, SC

South Philadelphia Older Adult Center
1430 E. Passyunk Ave.
215-685-1697
Amenities: SC

Southwest Fitness Senior Center
6916 Elmwood Ave.
215-937-1880
Amenities: E, P*, SC

Stiffel Senior Center
604 Porter St.
215-468-3500
Amenities: SC

The Aquatic & Fitness Center - Philadelphia
3600 Grant Ave.
215-677-0400
Amenities: E, S, P, W, SC

The Center at Journey’s Way
6012 Ridge Ave.
215-487-1750
Amenities: SC

The Optimal Gym
325 Bainbridge St.
215-627-4900
Amenities: E, S, P, W, SC

West Oak Lane Senior Center
7210-18 Ogontz Ave.
215-685-3511
Amenities: SC

Amenities Legend
E  Exercise Equipment
S  Steam/Sauna
P  Pool
W  Whirlpool
SC  SilverSneakers Classes
*  Seasonal Pool
### Participating Silver Access Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Bucks</td>
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<tr>
<td>Bensalem</td>
<td>Curves of Bensalem Twp. 2155 Galloway Rd.</td>
<td>215-639-9199</td>
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<tr>
<td>Doylestown</td>
<td>Curves of Doylestown Twp./Plumstead Twp.</td>
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<td></td>
<td>4095 Ferry Rd.</td>
<td>215-230-4151</td>
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<td>Dublin</td>
<td>Curves of Dublin/ Hilltown Twp. 164 N. Main St.</td>
<td>215-249-3760</td>
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<td>Jamison</td>
<td>Curves of Warwick 2581 York Rd.</td>
<td>215-491-7430</td>
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<td>Lahaska</td>
<td>Curves of Buckingham Twp./Solebury Twp.</td>
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<td>5861 York Rd.</td>
<td>215-794-0121</td>
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<td>Langhorne</td>
<td>Curves of Northampton/ Langhorne</td>
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<td>140 N. Pine St.</td>
<td>215-741-5514</td>
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<tr>
<td>St. Mary Wellness Center</td>
<td>1201 Langhorne Newton Rd.</td>
<td>215-710-6861</td>
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<td>Levittown</td>
<td>Curves of Bristol Twp. 6914 New Falls Rd.</td>
<td>215-547-4733</td>
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<tr>
<td>Levittown (cont.)</td>
<td>Curves of Tullytown 8012 Mill Creek Pkwy.</td>
<td>215-946-3313</td>
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<td>Morrisville</td>
<td>Curves of Morrisville/ Yardley 830 W. Trenton Ave.</td>
<td>215-337-8055</td>
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<tr>
<td>New Britain</td>
<td>Curves of New Britain Chalfont 432 Town Center</td>
<td>215-230-4403</td>
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<tr>
<td>New Hope</td>
<td>New Hope Fitness Center 510 Union Square Dr.</td>
<td>215-862-7123</td>
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<tr>
<td>Newtown</td>
<td>Curves of Newtown 126 S. State St. 215-968-8590</td>
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<td>Perkasie</td>
<td>Curves of Perkasie/East Rockhill Twp. 622 W. Chestnut St. 215-453-6900</td>
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<td>Quakertown</td>
<td>Curves of Quakertown 1408 W. Broad St., Ste. 2 215-536-9333</td>
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<tr>
<td>Richboro</td>
<td>Curves of Richboro 1061 2nd Street Pike 215-322-0806</td>
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<tr>
<td>Warminster</td>
<td>Curves of Warminster Twp. 820 W. Street Rd. 215-444-0799</td>
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<tr>
<td>Yardley</td>
<td>Slim and Tone LLC 10 Penn Valley Dr. 215-321-8664</td>
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<tr>
<td>Chester</td>
<td>Berwyn Squash and Fitness Club 625 Cassatt Rd. 610-647-6375</td>
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<tr>
<td>Curves of Easttown</td>
<td>511 Old Lancaster Rd. 610-647-7478</td>
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<tr>
<td>Curves of Valley/ Coatesville</td>
<td>1416 Berwyn Paoli Rd. 610-647-9622</td>
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<tr>
<td>Coatesville</td>
<td>Brandywine YMCA 295 Hurley Rd. 610-380-9622</td>
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<tr>
<td>Downington</td>
<td>Curves of Caln/ Downingtown/East Caln 3941 Lincoln Hwy. 610-269-2211</td>
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<tr>
<td>Elverson</td>
<td>Twin Valley YMCA 51 S. Pine St. 610-913-9622</td>
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<td>Exton</td>
<td>Curves of Uwchlan Twp. 327 Gordon Dr.</td>
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<td></td>
<td>Lionville Bus. Center 610-524-5832</td>
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<tr>
<td>Lionville</td>
<td>Community YMCA 100 Devon Dr. 610-854-1658</td>
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<td>Glenmoore</td>
<td>Curves of Glenmoore 1691 Horse Shoe Pike</td>
<td>610-942-4023</td>
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<tr>
<td>Kennett Square</td>
<td>Curves of Kennett/ New Garden 350 Scarlet Rd., Ste. 19 610-925-0454</td>
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<tr>
<td>Kennedy Area YMCA</td>
<td>101 Race St. 610-444-9622</td>
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<tr>
<td>Oxford</td>
<td>Curves of Oxford/East Nottingham/Lower Oxford 45 Wyncote Dr. 610-932-4799</td>
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<tr>
<td>Paoli</td>
<td>Curves of Tredyffrin 21 Plank Ave.</td>
<td>610-640-2624</td>
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<tr>
<td>Phoenixville</td>
<td>Curves of Schuylkill/ Phoenixville 1193 Valley Forge Rd. 610-935-4558</td>
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Pottstown
Curves of North Coventry/South Coventry/East Coventry
48 Glocker Way
610-323-5507

Spring City
Curves of East Pikeland/West Vincent/East Vincent
3563 Schuylkill Rd.
610-792-1300

West Chester
Curves of East Bradford Twp.
710 Downingtown Pike
610-431-3410
Curves of East Goshen/West Goshen
1514 Paoli Pike, Unit R
610-344-7756
Curves of Thornbury/Westtown
1381 Dilworthtown Crossing
610-399-9550
Pilates Body Center
317 Westtown Rd., Ste. 5
610-696-3844
The Center for Health and Fitness at the Chester County Hospital
795 E. Marshall St.
610-738-2348
West Chester Area YMCA
1 E. Chestnut St.
610-431-9622

West Grove
Curves of Penn Twp./West Grove Twp./London Grove Twp.
263 W. Evergreen St.
610869-7404
Jennersville YMCA
880 W. Baltimore Pike
610-869-9622
Delaware
Aston
Curves of Aston Twp.
417 Marianville Rd.
610-485-2260
Brookhaven
Curves of Brookhaven/Upland/Chester/Parkside
3400 Edgmont Ave.
610-872-3700
Bryn Mawr
Curves of Radnor Twp.
864 County Line Rd.
610-525-2499
Chadds Ford
Curves of Concord Twp./Chadds Ford Twp.
101 Ridge Rd.
610-361-1030
Clifton Heights
Curves of Clifton Heights
301 W. Baltimore Ave.
610-284-1180
Drexel Hill
Curves of Upper Darby - West
5051 State Rd.
610-622-7901

Havertown
Curves of Havertown Twp.
2010 W. Chester Pike
Ste. 442
610-789-8630
Holmes
Curves of Ridley
2121 Macdade Blvd.
610-522-1160
Marcus Hook
Curves of Upper Chichester Twp.
3266 Chichester Ave.
610-485-2434
Media
Curves of Upper Providence/Media
280 N. Providence Rd.
610-892-5000
Riddle Rehab Institute
1098 W. Baltimore Pike
610-891-3030
YMCA Rocky Run
1079 W. Baltimore Pike
610-627-9622

Newtown Square
Curves of Newtown Square
4669 West Chester Pike
610-353-3060
Woodlyn
Curves of Woodlyn
1936 MacDade Blvd.
610-872-4050

Ambler
YMCA Ambler
400 N. Bethlehem Pike
215-628-9951

Ardmore
YMCA Main Line
100 Saint Georges Rd.
610-649-0700

Cedars
Curves of Skippack/Worcester/Towamencin
3401 Skippack Pike
610-222-0708

Collegeville
Curves of Collegeville/Trappe
511 W. Main St., Ste. C
610-489-2801

Conshohocken
Curves of Plymouth/Whitemarsh Twp.
406 W. Ridge Pike, Unit D
610-834-9770

East Greenville
Curves of East Greenville
307 Main St.
215-679-6100

Hatboro
YMCA Hatboro
440 S. York Rd.
215-674-4545

Horsham
Curves of Horsham Twp.
301 Horsham Rd., 30
215441-5051
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<th>Location</th>
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<tr>
<td>Huntingdon Valley</td>
<td>Curves of Lower Moreland</td>
<td>638 Welsh Rd.</td>
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<td>1627 The Fairway</td>
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<td>1494 N. Charlotte St.</td>
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<td>Parktown Plaza 301 N. Lewis Rd.</td>
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<td>2812 Audubon Village Dr.</td>
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<td>Curves of Lower Frederick</td>
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<td>Curves of Chestnut</td>
<td>7733 Crittenden St.</td>
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<td>Curves of Manayunk</td>
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<td>2333 Fairmount Ave.</td>
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<td>1100 S. Columbus Blvd Store G</td>
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<td>Curves of Philadelphia -Filmore</td>
<td>7979 Oxford Ave.</td>
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<td>2401 E. Tioga St.</td>
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<td>Northeast Wellness Connection Inc.</td>
<td>2869 Holme Ave.</td>
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<td>Vigorworks Fitness Center</td>
<td>1315 Walnut St.</td>
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<td>YMCA Christian Street</td>
<td>1724 Christian St.</td>
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<td>YMCA Northeast</td>
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