



Thank you for choosing the Tulane University, Reily Student Recreational Center to **get fit, have fun & make friends**. The Silver Sneakers® Fitness Program is offered in partnership with our facility at no additional cost to eligible/qualified individuals. The “basic” membership includes the Silver Sneakers® classes, guidance from qualified fitness leaders and Senior Advisor, social activities, and the use of fitness center amenities. The Silver Sneaker® classes are easy on your joints and appropriate for individuals who regularly exercise as well as those who may not have exercised in years. The exercises are designed to improve your strength, flexibility and your ability to perform various daily living activities. The Reily Student Recreation Center also established an Active Older Adult50+ (AOA50+) program. The AOA50+ classes (*Cardio Dance, Ball, Balance & Beyond and PiYo50+*) are designed to address the needs of our more active older adult members, who understand their bodies are changing yet are able to workout at a level of intensity that is more conducive to their needs. AOA50+ classes emphasize low impact, moderate to high intensity, slow and controlled resistance movement & proper alignment in order to provide a safe and effective workout.

Facility and program orientations are conducted by appointment only. Interested new Silver Sneaker® members or visitors can schedule by contacting the Program Advisor. Please click below to see a complete class schedule and answers to frequently asked questions (FAQ). For up-to-date Silver Sneakers® fitness campaigns and more, checkout the SSFP|AOA50+ bulletin board located on the 4th floor (next to the Lakeside Fitness Room entrance).

The Program Advisor is specifically here to assist you when you join the program, to address your concerns and make you feel comfortable and welcome. The Reily Program Advisor is not a regular on-site employee. Please feel free to contact the Program Advisor with any questions you may have. We encourage you to also sign-up for electronic *Campus Recreation Alert Notifications* regarding facility closures, class cancellation and matter regarding renovation and maintenance.

Debra Mouton

**Silver Sneaker® Fitness & Active Older Adult50+ (AOA50+) Programs
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