

Four ways to register to be an Adult Fitness Member at Sarah Heinz House:

*Please plan 10-15 minutes to fill out paperwork before your workout. When you come in to register you will need your insurance card and your driver's license. After you register, you are eligible to attend any of the workout classes or join any of the clubs. Please click on the date to view our fitness schedule. The front desk staff will determine which category below you qualify for when you register.

Fitness Members: You must be 18 years of age and have graduated from High School to be a Fitness Member. The cost is \$30 a month or \$300/year. It is a month to month membership with no initiation fee or yearly requirement to join. We accept cash, check or credit card. You are eligible to attend any of the workout classes or join any of the clubs.

SilverSneakers Members: You must be 65 years old or on disability and have Highmark Health Insurance with the fitness membership included in your health care plan. You may call the number on your health insurance card to verify eligibility before you come to register at Sarah Heinz House.

Silver & Fit, Active & Fit/UPMC ASH Fitness Members: You must have the ASH Fitness or Silver & Fit, or Active & Fit fitness membership included in your health care plan. You may call the number on your health insurance card to verify eligibility before you come to register at Sarah Heinz House.

After you register you will receive a card to use every time you visit Sarah Heinz House.

All Members of Sarah Heinz House can enjoy a Fitness Center with a wide range of fitness equipment, free weights, elliptical, treadmills and stationary bikes. There is a pool for lap swim or water aerobics. A dance studio for a beginners Chair Class, for the more advanced exercisers a Cardio class & a YogaStretch Class which includes chair for stretching, strengthening and balance exercises. There is also a gym for basketball or indoor walking. There is a Games room available for pool and dominos playing and a Garden Club to join. There is a locker room with showers, restrooms and lockers. Please click on the date tab to view the full schedule.

Should you have any questions, please email Bonnie Banze at banze@sarahheinzhouse.com