



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Renew Active

by  UnitedHealthcare®

Renew Active®. The gold standard in Medicare fitness programs for body and mind. It includes: A free gym membership. Access to our nationwide network — the largest of all Medicare fitness programs +,

including many premium gyms. You also get an annual personalized fitness plan plus access to group classes. Thousands of digital on-demand workout videos and live streaming fitness classes. An online brain health program from AARP® Staying Sharp®. And more.

Renew Active is available at no additional cost, exclusively from UnitedHealthcare® Medicare Plans.

The Cumberland Cape Atlantic YMCA is excited to be a participating center for Renew Active™. This partnership will allow more United Healthcare and Medicare recipients an opportunity to stay active and enjoy all of our member benefits, facility amenities, and programs.

Stay fit.
Stay focused.
Stay you.

To verify your eligibility and enroll in this program, please contact:

1.855.581.8091

You must provide your confirmation code to YMCA Member Services at the time of enrollment.



Cumberland Cape Atlantic YMCA

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