

*Y's Up @ Somerset*  
7600 Atlanta Hwy.  
Montgomery, AL 36117  
334-356-1351

*Y's Up @ The Water Fitness Branch*  
19 Bridge St.  
Pike Road, AL 36064  
334-819-7904

**PIKE**

*Troy Park and Rec*  
601 Enzor Rd.  
Troy, AL 36079  
334-566-4031

**RUSSELL**

*Anytime Fitness*  
3953 Hwy. 80  
Phenix City, AL 36870  
334-298-0333

**SHELBY**

*Body 4 Life Fitness*  
5075 US Hwy. 31, Ste. C  
Calera, AL 35040  
205-668-7774

*Fit 24*  
136 Market Center Dr.  
Alabaster, AL 35007  
205-358-3401

*Gym Time Fitness*  
244 1st St.  
Alabaster, AL 35007  
205-624-4040

*YMCA - Alabaster*  
117 Plaza Cir.  
Alabaster, AL 35007  
205-663-7240

*Snap Fitness*  
301 Airport Commons  
Calera, AL 35040  
205-620-2406

*Snap Fitness*  
208 West College St.  
Columbiana, AL 35051  
205-610-9291

*Gold's Gym*  
2244 Pelham Pkwy.  
Pelham, AL 35007  
205-358-1330

*YMCA - Shelby County Branch*  
2610 Pelham Pkwy.  
Pelham, AL 35124  
205-664-9622

**ST. CLAIR**

*Snap Fitness*  
2401 Stemley Bridge Rd.  
Pell City, AL 35125  
205-338-7666

*Total Body Fitness*  
10640 US Hwy. 78  
Riverside, AL 35135  
205-338-7400

*Ultimate Fitness*  
5786 US Hwy. 11  
Springville, AL 35146  
205-467-3509

**TALLADEGA**

*Coosa Valley Fitness*  
315 W Hickory St.  
Sylacauga, AL 35150  
256-401-4551

*Snap Fitness*  
207 James B. Payton Dr.  
Sylacauga, AL 35150  
256-208-8853

*Star Physical Therapy*  
1035 W. Fort Williams St.  
Sylacauga, AL 35150  
256-249-4701

*Workout Anytime*  
544 W Fort Williams St.  
Sylacauga, AL 35150  
256-487-6287

*Citizens Baptist*  
604 Stone Ave.  
Talladega, AL 35161  
256-362-8111

*Snap Fitness*  
215 E Battle St.  
Talladega, AL 35130  
256-474-0363

**TALLAPOOSA**

*Anytime Fitness*  
26 Broad St.  
Alexander City, AL 35010  
256-329-1004

*Elite Fitness*  
1675 Cherokee Ave.  
Alexander City, AL 35010  
256-212-9990

*Total Fitness - Russell Medical Center*  
3316 Hwy. 280  
Alexander City, AL 35011  
256-329-7100

**TUSCALOOSA**

*Snap Fitness*  
7402 Hwy. 69, Ste. E  
Tuscaloosa, AL 35405  
205-331-4772

*Planet Fitness*  
1800 McFarland Blvd.  
Tuscaloosa, AL 35404  
205-752-7878

**WALKER**

*Target Fitness*  
5100 Curry Hwy., Ste. 184  
Jasper, AL 35504  
205-384-4448

*Natatorium*  
610 10th Ave.  
Jasper, AL 35501  
205-384-9617

*New Life (Walker Wellness)*  
306 Oakhill Rd.  
Jasper, AL 35504  
205-384-4323

*Planet Fitness*  
714 Hwy. 78 E  
Jasper, AL 35501  
205-384-9161



VIVA MEDICARE is an HMO plan with a Medicare contract and a contract with the Alabama Medicaid Agency. Enrollment in VIVA MEDICARE depends on contract renewal. VIVA HEALTH complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-633-1542 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-633-1542 (TTY: 711).

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# VIVA MEDICARE

## *Fit & Feelin' Good*



### Your VIVA MEDICARE plan includes up to a \$20 fitness center membership allowance!

There is no better or easier way to enjoy a more active and healthy lifestyle than by joining a local fitness center. No matter what your fitness level is, you can get started right away! (Always check with your physician before beginning any exercise program.)

#### FITNESS CENTERS:

Use this brochure to find a participating fitness center in your neighborhood today!

Have a gym in mind but don't see it in this brochure? Let us know! We'd be happy to reach out to them to see if they would like to participate with VIVA MEDICARE.

#### HOW TO USE:

Many fitness centers will file your monthly membership allowance directly with VIVA MEDICARE. Ask your fitness center about their billing process. If your gym will not file directly with VIVA MEDICARE, don't worry! You can submit your receipt and a reimbursement form to VIVA MEDICARE, and we will reimburse you up to \$20 per month. You can get a Fitness Benefit Reimbursement Claim Form on our website at <https://www.vivahealth.com/medicare/memberresources/plan-info/> (click on your plan name) or by calling Member Services.



## Questions?

Call Member Services toll-free at  
**1-800-633-1542 (TTY users dial 711).**  
Mon - Fri, 8am - 8pm;  
Oct 1 - Mar 31: 7 days a week, 8am - 8pm.





PARTICIPATING FITNESS CENTERS:

|                                                                                                         |                                                                                                  |                                                                                                      |                                                                                                 |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>AUTAUGA</b>                                                                                          | <b>Baldwin Bone and Joint</b><br>1505 Daphne Ave.<br>Daphne, AL 36526<br>251-625-2663            | <b>CHILTON</b>                                                                                       | <b>DEKALB</b>                                                                                   |
| <b>Express Fitness</b><br>4151 Hwy. 14<br>Millbrook, AL 36054<br>334-290-0084                           | <b>BLOUNT</b>                                                                                    | <b>Cornerstone Fitness</b><br>110 Baker Ave.<br>Clanton, AL 35046<br>205-280-6450                    | <b>Snap Fitness</b><br>2605 Gault Ave.<br>Fort Payne, AL 35967<br>256-273-0400                  |
| <b>Express Fitness</b><br>2056 Hwy. 14<br>Prattville, AL 36066<br>334-730-4330                          | <b>The Gym</b><br>27550 State Hwy. 75, Ste. 102<br>Oneonta, AL 35121<br>205-625-5060             | <b>YMCA - Chilton County</b><br>405 Ollie Ave.<br>Clanton, AL 35045<br>205-755-2382                  | <b>ELMORE</b>                                                                                   |
| <b>Planet Fitness</b><br>151 N Memorial Dr.<br>Prattville, AL 36067<br>334-365-9494                     | <b>Shape'n Up Fitness Center</b><br>728 2nd Ave., Ste. B<br>Oneonta, AL 35126<br>205-625-3385    | <b>Anytime Fitness</b><br>24571 Hwy. 31<br>Jemison, AL 35085<br>205-688-5060                         | <b>Grandview Family YMCA</b><br>4700 Camp Grandview Rd.<br>Millbrook, AL 36054<br>334-290-9622  |
| <b>YMCA - Fitness Branch</b><br>600 E Main St.<br>Prattville, AL 36067<br>334-361-0268                  | <b>BULLOCK</b>                                                                                   | <b>COLBERT</b>                                                                                       | <b>Creed Gym</b><br>223 Hill St.<br>Wetumpka, AL 36092<br>334-478-4920                          |
| <b>YMCA - Don M. Smith Branch</b><br>600 E Main St.<br>Prattville, AL 36067<br>334-365-8852             | <b>Union Springs Rec</b><br>18672 Hwy. 82<br>Union Springs, AL 36089<br>334-738-8520             | <b>Anytime Fitness</b><br>1504 Woodward Ave.<br>Muscle Shoals, AL 35661<br>256-389-3849              | <b>Express Fitness</b><br>100 Rumbling Water Dr.<br>Wetumpka, AL 36092<br>334-472-0007          |
| <b>YMCA - Wellness Branch</b><br>348 Hwy. 82 West<br>Prattville, AL 36067<br>334-491-9622               | <b>CALHOUN</b>                                                                                   | <b>Workout Anytime</b><br>300 S Wilson Dam Rd.<br>Muscle Shoals, AL 35661<br>256-978-4376            | <b>Impact Fitness</b><br>1040 Hwy. 231<br>Wetumpka, AL 36093<br>334-478-7135                    |
| <b>YMCA - Willis Bradford Branch</b><br>972 McQueen Smith Rd. S<br>Prattville, AL 36066<br>334-358-9622 | <b>Anniston Aquatic &amp; Fitness</b><br>130 Summerall St.<br>Anniston, AL 36202<br>256-847-7349 | <b>CULLMAN</b>                                                                                       | <b>YMCA - Wetumpka Family Branch</b><br>200 Red Eagle Dr.<br>Wetumpka, AL 36092<br>334-567-8282 |
| <b>BALDWIN</b>                                                                                          | <b>YMCA - Calhoun County</b><br>29 W 14th St.<br>Anniston, AL 36201<br>256-238-9622              | <b>Cullman Regional</b><br>1912 AL Hwy. 157<br>Cullman, AL 35058<br>256-735-5600                     | <b>ETOWAH</b>                                                                                   |
| <b>Snap Fitness</b><br>6450 Hwy. 90, Ste. E<br>Spanish Fort, AL 36526<br>251-626-0320                   | <b>CHEROKEE</b>                                                                                  | <b>Cullman SportsFit and Wellness</b><br>17721 Hwy. 31<br>Cullman, AL 35057<br>256-739-0039          | <b>Planet Fitness</b><br>1001 Rainbow Dr., Ste. 8<br>Gadsden, AL 35901<br>256-438-5459          |
| <b>Snap Fitness</b><br>201 Chamber Dr.<br>Bay Minette, AL 36507<br>251-580-0810                         | <b>Odyssey Health Spa</b><br>1199 Chestnut Bypass<br>Centre, AL 35960<br>256-927-2772            | <b>Cullman Wellness and Aquatic</b><br>Field of Miracles Dr. SW<br>Cullman, AL 35055<br>256-775-7946 | <b>YMCA - Gadsden</b><br>100 Walnut St.<br>Gadsden, AL 35901<br>256-547-4947                    |
|                                                                                                         | <b>The Rock</b><br>300 Centre St.<br>Centre, AL 35960<br>256-927-6342                            | <b>Health Fit</b><br>1656 Town Square<br>Cullman, AL 35055<br>256-734-3300                           | <b>Absolute Fitness</b><br>115 W Grand Ave.<br>Rainbow City, AL 35906<br>256-413-8220           |

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| <b>HOUSTON</b>                                                                                                        | <b>Anytime Fitness</b><br>1984 Veterans Memorial Dr.<br>Adamsville, AL 35214<br>205-874-6644                  | <b>St. Vincent's One Nineteen Fitness Center</b><br>7191 Cahaba Valley Rd.<br>Birmingham, AL 35243<br>205-408-6600 | <b>24e Fitness</b><br>1550 Montgomery Hwy.<br>Hoover, AL 35216<br>205-824-4243              |
| <b>Fitness 4 Ladies</b><br>2292 Montgomery Hwy.<br>Dothan, AL 36303<br>334-718-1954                                   | <b>Fitness 2000</b><br>1100 Greenwood Crossings Ct.<br>Bessemer, AL 35022<br>205-428-9099                     | <b>YMCA - Downtown Branch</b><br>2101 4th Ave. N<br>Birmingham, AL 35203<br>205-324-4563                           | <b>Hoover Fitness</b><br>2153 Clearbrook Rd.<br>Hoover, AL 35226<br>205-822-9009            |
| <b>Living Well Fitness</b><br>1144 Ross Clark Cir.<br>Dothan, AL 36301<br>334-712-3720                                | <b>Legacy YMCA of Bessemer</b><br>1501 4th Ave. SW<br>Bessemer, AL 35022<br>205-426-1211                      | <b>YMCA - Greystone Family Branch</b><br>5414 Hwy. 280<br>Birmingham, AL 35242<br>205-981-0144                     | <b>Hoover Rec Center</b><br>300 Municipal Dr.<br>Hoover, AL 35216<br>205-444-7703           |
| <b>Anytime Fitness</b><br>4510 Overton Rd., Ste. 100<br>Birmingham, AL 35210<br>205-957-2522                          | <b>Gold's Gym</b><br>3427 Colonnade Pkwy.<br>Birmingham, AL 35243<br>205-583-4653                             | <b>YMCA - Hoover</b><br>2250 AL Hwy. 150<br>Hoover, AL 35244<br>205-682-1399                                       | <b>Life Time Fitness</b><br>3051 Healthy Way<br>Vestavia Hills, AL 35243<br>205-547-3100    |
| <b>St Vincent's Fitness and Wellness</b><br>833 Saint Vincent's Dr., Ste. 100<br>Birmingham, AL 35205<br>205-930-2823 | <b>Lakeshore Foundation</b><br>4000 Ridgeway Dr.<br>Birmingham, AL 35209<br>205-313-7400                      | <b>YMCA - Mountain Brook</b><br>2401 20th Place S<br>Birmingham, AL 35223<br>205-870-0144                          | <b>Shaping U Fit 24</b><br>2512 Rocky Ridge Rd.<br>Vestavia Hills, AL 35243<br>205-783-1181 |
| <b>Revolve Fitness</b><br>2201 Grand Ave., Ste. 101<br>Hoover, AL 35226<br>205-945-5597                               | <b>Levite Jewish Community Center</b><br>3960 Montclair Rd.<br>Birmingham, AL 35213<br>205-879-0411, ext. 257 | <b>YMCA - Northeast Family Branch</b><br>628 Red Lane Rd.<br>Birmingham, AL 35215<br>205-833-7616                  | <b>Global Fitness</b><br>400 Main St. N<br>Warrior, AL 35180<br>205-647-2639                |
| <b>Fitness Xpress</b><br>701 Doug Baker Blvd., Ste. 103<br>Birmingham, AL 35242<br>205-995-5505                       | <b>Planet Fitness</b><br>168 Inverness Plaza<br>Birmingham, AL 35242<br>205-991-7125                          | <b>YMCA - Shades Valley Family Branch</b><br>3551 Montgomery Hwy.<br>Birmingham, AL 35209<br>205-870-9622          | <b>Iron Works Fitness</b><br>2801 Allison-Bonnett Dr.<br>Hueytown, AL 35023<br>205-744-3333 |
| <b>Southlake Orthopedics</b><br>4517 Southlake Pkwy., Ste. 202<br>Hoover, AL 35244<br>205-985-4111                    | <b>Riveria Fitness</b><br>1548 Forestdale Blvd.<br>Birmingham, AL 35214<br>205-798-0098                       | <b>YMCA - Trussville Family Branch</b><br>5920 Valley Rd.<br>Birmingham, AL 35173<br>205-655-2224                  | <b>Iron Beach Gym</b><br>1729 Crestwood Blvd.<br>Irondale, AL 35210<br>205-951-2940         |
| <b>Riveria Fitness</b><br>372 Palisades Blvd., Ste. 24<br>Birmingham, AL 35209<br>205-290-0000                        | <b>Riveria Fitness</b><br>2310 Centerpoint Rd.<br>Birmingham, AL 35215<br>205-853-8878                        | <b>YMCA - Vestavia Hills</b><br>2086 Columbiana Rd.<br>Birmingham, AL 35216<br>205-823-0144                        | <b>Workout Anytime</b><br>7480 Parkway Dr.<br>Leeds, AL 35094<br>205-702-2789               |
| <b>Planet Fitness</b><br>1839 Montgomery Hwy, Ste. 40<br>Hoover, AL 35244<br>205-444-2282                             | <b>Snap Fitness</b><br>2835 Highland Ave.<br>Birmingham, AL 35205<br>205-202-4010                             | <b>The People Development Center</b><br>6748 Grasselli Rd.<br>Fairfield, AL 35064<br>205-780-5097                  | <b>Anytime Fitness</b><br>4955 McAdory School Rd.<br>McCalla, AL 35111<br>205-428-9115      |
| <b>Snap Fitness</b><br>2600 Hwy. 58, Ste. C-E<br>Helena, AL 35080<br>205-664-2600                                     | <b>Tri Star Fitness</b><br>438 Decatur Hwy.<br>Gardendale, AL 35071<br>205-631-8688                           | <b>Riveria Fitness</b><br>161 Bessemer Super Hwy.<br>Midfield, AL 35228<br>205-788-2345                            | <b>Family Fitness</b><br>1103 Hwy. 72<br>Killen, AL 35645<br>256-757-9300                   |

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| <b>LEE</b>                                                                                    | <b>MOBILE</b>                                                                                        | <b>M.A. Fitness Center</b><br>3040 Eastern Blvd.<br>Montgomery, AL 36106<br>334-244-4640               |
| <b>Health Plus Fitness</b><br>1171 Gatewood Dr., Ste. 101<br>Auburn, AL 36830<br>334-887-5666 | <b>Planet Fitness</b><br>5363 Hwy. 90 W, Ste. B<br>Mobile, AL 36619<br>251-660-1731                  | <b>Planet Fitness</b><br>3530 Eastdale Cir.<br>Montgomery, AL 36117<br>334-271-1600                    |
| <b>Tiger Iron</b><br>1655 S College St., Ste. A<br>Auburn, AL 36832<br>334-329-7299           | <b>Anytime Fitness</b><br>171 E I-65 South Service Rd.<br>Ste. D<br>Mobile, AL 36606<br>251-479-7426 | <b>River Region Wellness</b><br>1765 Plum St.<br>Montgomery, AL 36109<br>334-420-0280                  |
| <b>Max Fitness</b><br>189 E University Dr.<br>Auburn, AL 38832<br>334-826-1224                | <b>Anytime Fitness</b><br>3456 Hillcrest Rd.<br>Mobile, AL 36695<br>251-479-0999                     | <b>YMCA - Bell Road Family Branch</b><br>2435 Bell Rd.<br>Montgomery, AL 36117<br>334-271-1343         |
| <b>Opelika Sportsplex</b><br>1001 Andrews Rd.<br>Opelika, AL 36801<br>334-705-5560            | <b>Planet Fitness</b><br>3055 Dauphin St.<br>Mobile, AL 36606<br>251-476-4653                        | <b>YMCA - Downtown Adult Fitness Branch</b><br>761 S Perry St.<br>Montgomery, AL 36104<br>334-269-4362 |
| <b>LOWNDES</b>                                                                                | <b>Planet Fitness</b><br>900 Schillinger Rd.<br>Mobile, AL 36695<br>251-776-5600                     | <b>YMCA - East Family Branch</b><br>3407 Pelzer Ave.<br>Montgomery, AL 36109<br>334-272-3390           |
| <b>River Region Wellness</b><br>10 Pine St.<br>Hayneville, AL 36404<br>334-548-5410           | <b>Planet Fitness</b><br>308 University Blvd.<br>Mobile, AL 36609<br>251-414-2700                    | <b>YMCA - Kershaw Family Branch</b><br>2229 W Fairview Ave.<br>Montgomery, AL 36108<br>334-265-1433    |
| <b>Time for a Change</b><br>209 N Elm St.<br>Tuskegee, AL 36083<br>334-226-1899               | <b>Via Health</b><br>1717 Dauphin St.<br>Mobile, AL 36604<br>251-478-3311                            | <b>YMCA - Southeast Family Branch</b><br>3455 Carter Hill Rd.<br>Montgomery, AL 36111<br>334-262-6411  |
| <b>MADISON</b>                                                                                | <b>Snap Fitness</b><br>25 Shelton Beach Rd.<br>Saraland, AL 36571<br>251-679-5554                    | <b>YMCA - Southeast Family Branch</b><br>3455 Carter Hill Rd.<br>Montgomery, AL 36111<br>334-262-6411  |
| <b>Bender's Gym</b><br>3760 Hwy. 53<br>Huntsville, AL 35806<br>256-852-9007                   | <b>MONTGOMERY</b>                                                                                    | <b>Yoga Gem</b><br>1963 Mulberry St.<br>Montgomery, AL 36106<br>334-202-2305                           |
| <b>2A Fitness</b><br>3705 Eastern Blvd.<br>Montgomery, AL 36116<br>334-356-9260               | <b>MARSHALL</b>                                                                                      | <b>Y's Up @ Hillwood</b><br>2898 Zelda Rd.<br>Montgomery, AL 36106<br>334-396-6213                     |
| <b>Bender's Gym</b><br>14226 US Hwy. 431<br>Guntersville, AL 35976<br>256-486-3633            | <b>Family Fitness</b><br>1103 Hwy. 72<br>Killen, AL 35645<br>256-757-9300                            | <b>BodyTrac</b><br>6538 Atlanta Hwy.<br>Montgomery, AL 36117<br>334-356-6654                           |