



Williamson County Parks and Recreation is proud to partner with

SilverSneakers® Fitness

SilverSneakers strives to promote the overall well-being of older adults by making a positive impact on their day-to-day lives.

Amenity use and ongoing fitness classes at Williamson County Parks and Recreation facilities are now offered to SilverSneakers members!

Available at the following locations:

Fairview Recreation Complex, 2714 Fairview Blvd. West, Fairview

Franklin Recreation Complex, 1120 Hillsboro Road, Franklin

Hillsboro/Leiper's Fork Community Center, 5325 Old Hwy. 96 West, Franklin

Longview Recreation Center, 2909 Commonwealth Drive, Spring Hill

Williamson County Indoor Sports Complex, 920 Heritage Way, Brentwood

Williamson County Recreation Complex at Nolensville, 7250 Nolensville Road, Nolensville

Williamson County Enrichment Center (including Academy Park Gymnasium), 110 Everbright Ave., Franklin


WILLIAMSON COUNTY
PARKS & RECREATION
wcparksandrec.com

Get fit your way™!

SilverSneakers® is a registered
trademark of Tivity Health.


SilverSneakers®
by Tivity Health
silversneakers.com