



Fitness Card

Member Information

Website: www.hap.org

Silver&Fit Phone Number: Toll-free 1.877.427.4788
(TTY/TDD: 711)

Hours: Monday – Friday, 5 a.m. – 6 p.m. Pacific Time

Member Name: _____

Date of Birth: _____
(month/day)





Fitness Center/YMCA Information

Customer Service:

1.877.427.4788 (TTY/TDD: 711) Monday – Friday,
5 a.m. – 6 p.m. Pacific Time

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH).

This Silver&Fit fitness card is not transferable. Use of this card by anyone other than the person named herein is prohibited. This card and photo ID must be shown when the Silver&Fit member is admitted into the fitness center or YMCA. This card is the property of ASH Fitness.