

Senior Fit Frequently Asked Questions

1. How do I register for the Senior Fit?

To request a Senior Fit registration packet call 301-754-8800 or e-mail seniorfit@holycrosshealth.org. The registration packet includes:

- A) Physician's consent form*
- B) Schedule of classes
- C) Inclement weather policy
- D) Holiday schedule

***Please make sure to fill out the 2-page consent form completely including your class selection, time of class, emergency contact information and physician name/address/signature. Incomplete forms will be returned which will cause a delay in registration.**

2. Where and when are classes held?

A class schedule is included in the registration packet. Classes are ongoing throughout the year with one-week winter break and a one week spring break.

3. Is there a registration fee for Senior Fit?

Senior Fit classes are offered free of charge to community members age 55+.

4. What organizations sponsor Senior Fit?

Senior Fit is a partnership of Holy Cross Health, National Lutheran Communities & Services, Kaiser Permanente, MGN Family Foundation, Montgomery County Dept. of Recreation, Maryland-National Capital Parks and Planning Commission and local churches.

5. How do I find out if my physician's consent form has been received?

To inquire about the status of your physician's consent form, e-mail seniorfit@holycrosshealth.org.

6. Is it OK to sign up for more than one site on the registration form?

You may sign up for two sites for official registration on a class roster and you may attend additional classes as long as you sign the attendance sheet. Your name will appear on the roster(s) at the location(s) you have selected on your registration form.

7. Can I change/add locations for my classes?

If you would like to change the locations where you are officially listed on a class roster, please e-mail your request to seniorfit@holycrosshealth.org

8. How do I renew my Senior Fit card when it expires?

You will receive a reminder letter with a blank registration/ physician's consent form prior to the expiration date written on your card. The physician's consent form must be updated annually.

9. Why is my name no longer showing up on the Senior Fit roster?

If your card has expired and you have not renewed your physician's consent form, your name will be automatically be marked "inactive" in our database and will not print out on the roster until a new consent form has been received.