

Commit to get fit in 2022

Aetna® Medicare is excited to present **Workout Wednesdays with Curtis Adams**



We heard you loud and clear. Based on all of the positive reviews on the 2021 “Full body workout with Curtis Adams” webcast, we’ve partnered with *Vitality 4 Life* to bring you a new monthly fitness webcast series — **Workout Wednesdays with Curtis Adams**.

Each webcast features a full body workout that focuses on a specific area. All workouts include seated and standing versions of the same exercise. Plus, they’re suitable for all fitness levels.

[Learn more and sign up today](#)



Workout Wednesdays with Curtis Adams 2022 schedule

Cardio craze

January 19 at 1 PM ET

Dynamic balance

February 16 at 1 PM ET

Upper body express

March 16 at 1 PM ET

Fat burner

April 20 at 1 PM ET

Endurance builder

May 25 at 1 PM ET

Coordination igniter

June 15 at 1 PM ET

Complete core

July 13 at 1 PM ET

Stretching to new heights

August 24 at 1 PM ET

Powerful lower body

September 21 at 1 PM ET

Perfect posture

October 26 at 1 PM ET

Low impact interval training

November 9 at 1 PM ET

Tri-fit triple fuel

December 14 at 1 PM ET

[Visit our registration page](#) to learn about each workout and to sign up.



Ready to work out?

- Space is limited! Learn more about each workout and **reserve your spot today**.
- Workout Wednesdays is brought to you by Aetna Medicare at no cost to you.
- Workouts will be available on demand after they’ve aired. That means you can do your favorites as many times as you’d like.
- Consult with your doctor before starting any strengthening or exercise program.

[Register for Workout Wednesdays with Curtis Adams](#)

Questions? Call us Monday through Friday, 8 AM–6 PM ET.

SHBP call: **1-866-234-3129 (TTY: 711)**; SEHBP call: **1-866-816-3662 (TTY: 711)**

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.