



Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

SAIL (Stay Active & Independent for Life) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness is the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

SAIL features a strength and balance fitness class that includes moderate aerobic exercise, strength exercises with wrist and ankle weights, a scripted balance component, and stretching exercises. Exercises can be done seated or standing. SAIL features objective fitness testing for participants and resources that include several self-risk assessments and information to reduce their chance of falling.

Stay Active *and* Independent *for* Life

Strength, balance, and fitness classes for adults 65 and over

- One-hour classes offered 2-3 days a week
- Classes taught by certified SAIL Leaders
- Adaptable exercises for all physical ability levels
- Education on fall risk and prevention



SAIL

Staying Active and Independent for Life

**Mondays, Wednesdays, &
Fridays at 9:15am**

**Cost: \$1.00 Seniors / \$2.00
Adults / Free for Members**