

SAIL

**Staying
Active &
Independent for
Life**



FREE

10:15-11:15 a.m.

Tuesdays & Fridays



**Registration
is Required**

All equipment is provided

The hour long classes include a warm-up, low impact aerobics, balance exercises, strength training with weights, stretching exercises, and an educational component. It is able to accommodate people with a mild level of mobility difficulty and those who are regularly active. The exercises focus on improving flexibility, bone and muscle strength, and overall fitness – important activities that adults can do to stay active and reduce their chance of falling.

**For information/registration call 952.563.4944 or
email creekside@bloomingtonmn.gov**