

Stay Active & Independent for Life Exercise Program (SAIL)

FREE AND OPEN TO THE COMMUNITY.

Stay Active & Independent for Life (SAIL)

is a 12-week strength, balance, and fitness program
for adults 55+.

***SAIL is evidence based and scientifically proven to improve
balance and mobility and reduce musculoskeletal
risk factors, which may increase with age.***

Herndon Senior Center in conjunction with SAIL volunteers,
all of whom are trained and certified by
Northern Virginia Falls Prevention Network,
are offering a FREE twice a week 12-week program.

We are starting out with a choice of four classes per week:

Tuesdays and Wednesdays at 5 p.m.

Fridays and Saturdays at 2:30 p.m.

"Get Ready to SAIL" with Demo classes starting May 2.

Registration and baseline testing starts May 9.

Full classes start on Tuesday, May 16.

To register, please just turn up to one of our sessions at the
Herndon Senior Center.

If you have any questions, please contact [Betsy Kiker](mailto:Betsy.Kiker@fairfaxcounty.gov) on
elizabeth.kiker@fairfaxcounty.gov or call the telephone number below.



**Stay Active
& Independent
for Life (SAIL)**

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

**Herndon Senior Center,
873 Grace Street
Herndon, VA 20170
Telephone: 703-464-6200**