

**Stand Strong Fall Prevention Program:
Stay Active & Independent for Life (SAIL)
Class Schedule: Spring/Summer 2026**



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

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

Location	Dates	Days	Time	Cost	Registration
Virtual SAIL Classes (via Zoom) Hosted by Sanford/SDSU Exercise Science	March 30- End of Summer (12 weeks)	Monday & Wednesdays	5:30-6:30 pm	FREE Rolling registration	605-333-4440 Online Registration
Virtual SAIL Classes (via Zoom)* Hosted by Sanford/SDSU Exercise Science	March 31- End of summer (12 weeks)	Tuesdays & Thursdays	12 – 1 pm (lunch hour)	FREE Rolling registration	605-333-4440 Online Registration
Sanford Wellness Center on Oxbow 4201 S. Oxbow Ave. Sioux Falls, SD 57106	May 4 - July 22	Mondays & Wednesdays	1-2 pm OR 2-3 pm	<u>Members:</u> Free <u>Non-members:</u> First 12-week Session FREE***	605-328-1600
First Lutheran Church 327 S. Dakota Ave. Sioux Falls, SD 57104	March 16 – June 3	Mondays & Wednesdays	9-10 am	FREE	605-336-3734
Our Savior’s Lutheran Church 909 W. 33 rd St. Sioux Falls, SD 57105	February 9 – May 7	Mondays & Thursdays	9-10 am	FREE	605-336-2942 Ext. 12
Gloria Dei Lutheran Church 5500 E. 57 th St. Sioux Falls, SD 57108	February 2 – April 23	Mondays & Thursdays	10:30-11:30 am OR 11:30-12:30pm	FREE	605-371-3737
Our Redeemer Lutheran 2200 S. Western Ave. Sioux Falls, SD 57105	March 16- June 4	Mondays & Thursdays	1:30 – 2:30 pm	FREE (space available)	605-338-6957
Active Generations Main 2300 W. 46 th St. Sioux Falls, SD 57106	January 26 – April 15	Monday & Wednesdays	10:30-11:30 am	First 12-Wk Class FREE**	605-336-6722

Classes Outside of Sioux Falls					
Beresford Community Library 115 S. 3 rd St. Beresford, SD 57004	April 20- July 10	Monday & Thursdays	9-10 am	FREE	605-763-2782
Canby Wellness Center (Sanford) 11 St. Olaf Ave. S. Canby, MN 56220	February 24 -May 14	Tuesday & Thursdays	10:30-11:30 am	FREE	507-223-7221
Hartford United Methodist Church 102 E 2 nd St. Hartford, SD 57033	March 30- June 24	Mondays & Wednesdays	9:30- 10:30 am	FREE	605-261-7488 registration opens soon
Pioneer Memorial Hospital 315 N. Washington St. Viborg, SD 57070	March 2- May 20	Mondays & Wednesdays	10- 11 am	FREE	605-362-3010
Class Sites on Hold for Summer					
Active Generations East 5500 E. Active Generations Place Sioux Falls 57110					605-336-6722
Midco Aquatic Center 1601 S. Western Ave. Sioux Falls, SD 57105					605-367-8222 Website Registration SF Parks & Rec
Westside Recreation Center 8701 W. 32 nd St. Sioux Falls, SD 57106					605-367-8222 Westside Registration SF Parks & Rec

*Virtual Classes require reliable internet access that can stream video, access to a computer, smartphone or tablet with a camera or webcam and an email account or access to text messaging.

Sanford Registration Link: <https://www.sanfordhealth.org/classes-and-events/stay-active-and-independent-for-life>

***Sanford Wellness Center: First 12-week session FREE, along with Temporary 12-wk membership, Subsequent SAIL classes free with membership.

**Active Generation Sites: New participants FREE, along with Temporary 12-Wk membership. Subsequent classes for members only -\$75 access to all exercise classes, including SAIL.

