

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



# Stay Active & Independent for Life (SAIL)

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

Location	Dates	Days	Time	Cost	Registration
<b>Virtual SAIL Classes (via WebEx)*</b>	March 2- May 20	Monday & Wednesdays	5:30-6:30 pm	FREE	605-333-4440 <a href="#">Online Registration</a>
<b>Virtual SAIL Classes (via WebEx)*</b>	March 3- May 21	Tuesdays & Thursdays	12 – 1 pm (lunch hour)	FREE	605-333-4440 <a href="#">Online Registration</a>
<b>Active Generations Main</b> 2300 W. 46 <sup>th</sup> St. Sioux Falls, SD 57106	January 26 – April 15	Monday & Wednesdays	10:30-11:30 am	First 12-Wk Class FREE** Membership required for subsequent classes	605-336-6722
<b>Active Generations East</b> 5500 E. Active Generations Place Sioux Falls 57110	January 13 – April 2	Tuesday & Thursdays	10:30-11:30 am	SAME as Above**	605-336-6722
<b>Midco Aquatic Center</b> 1601 S. Western Ave. Sioux Falls, SD 57105	January 12 – April 1	Monday & Wednesdays	9:30-10:30 am	FREE	605-367-8222 <a href="#">Website Registration</a> SF Parks & Rec
<b>Westside Recreation Center</b> 8701 W. 32 <sup>nd</sup> St. Sioux Falls, SD 57106	Spring class TBD			FREE 1 <sup>st</sup> time	605-367-8222 <a href="#">Westside Registration</a> SF Parks & Rec
<b>Sanford Wellness Center on Oxbow</b> 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
<b>First Lutheran Church</b> 327 S. Dakota Ave. Sioux Falls, SD 57104	March 16 – June 3	Mondays & Wednesdays	9-10 am	FREE	605-336-3734

<b>Our Savior's Lutheran Church</b> 909 W. 33 <sup>rd</sup> St. Sioux Falls, SD 57105	February 9 – May 7	Mondays & Thursdays	9-10 am	FREE	605-336-2942 Ext. 12
<b>Gloria Dei Lutheran Church</b> 5500 E. 57 <sup>th</sup> 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
<b>Our Redeemer Lutheran</b> 2200 S. Western Ave. Sioux Falls, SD 57105	Dec.15 – March 12	Mondays & Thursdays	1:30 – 2:30 pm	FREE	605-338-6957
<b>Classes Outside of Sioux Falls</b>					
<b>Beresford Community Library</b> 115 S. 3 <sup>rd</sup> St. Beresford, SD 57004	Dec 29– March 19	Monday & Thursdays	9-10 am	FREE	605-763-2782
<b>Canby Wellness Center (Sanford)</b> 11 St. Olaf Ave. S. Canby, MN 56220	February 24 -May 14	Tuesday & Thursdays	10:30-11:30 am	FREE	507-223-7221
<b>Hartford United Methodist Church</b> 102 E 2 <sup>nd</sup> St. Hartford, SD 57033	January 5 – March 26	Mondays & Wednesdays	9:30- 10:30 am	FREE	605-261-7488 registration opens soon
<b>Pioneer Memorial Hospital</b> 315 N. Washington St. Viborg, SD 57070	March 2- May 20	Mondays & Wednesdays	10- 11 am	FREE	605-362-3010

\*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.

\*\*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.

\*\*\*Sanford Wellness Center: First 12-week session FREE, along with Temporary 12-1k membership, Subsequent SAIL classes free with membership.

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

Sioux Falls Parks and Rec Website: <https://www.siouxfalls.gov/activities-recreation/recreation/programs-classes/senior>