

**Stand Strong Fall Prevention Program:
Stay Active & Independent for Life (SAIL)
Class Schedule: Summer/Fall 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	(12 weeks)	Monday & Wednesday	5:30-6:30 pm	FREE Rolling registration	605-333-4440 Online Registration
Virtual SAIL Classes (via Zoom)* Hosted by Sanford/SDSU Exercise Science	(12 weeks)	Tuesday & Thursday	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	August 5 th –October 28 th	Monday & Wednesday	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	July 8 th - September 30 th October 14 th , 2026 - February 8 th 2027	Monday & Wednesday	9 am - 10 am	FREE	605-336-3734
Our Savior's Lutheran Church 909 W. 33 rd St. Sioux Falls, SD 57105	June 1 st - August 20 th	Monday & Thursday	9 am –10 am	FREE	605-336-2942 Ext. 12
Gloria Dei Lutheran Church 5500 E. 57 th St. Sioux Falls, SD 57108	June 15 th - August 31 st	Monday and Wednesday	10:30 am – 11:30 am OR 11:35 am – 12:35 pm	FREE	605-371-3737
Our Redeemer Lutheran 2200 S. Western Ave. Sioux Falls, SD 57105	July 6 – Sept 24	Monday and Thursdays	1:30-2:30 pm	FREE	605-338-6957

Classes Outside of Sioux Falls					
Beresford Community Library 115 S. 3 rd St. Beresford, SD 57004	August 3 rd - October 26 th	Monday & Thursdays	9 am -10 am	FREE	605-763-2782
Hartford United Methodist Church 102 E 2 nd St. Hartford, SD 57033	September 16 th - December 9 th	Monday & Wednesday	9 am - 10:30 am	FREE	605-261-7488 registration opens soon
Pioneer Memorial Hospital 315 N. Washington St. Viborg, SD 57070	June 9 th – August 27 th	Tuesday & Thursday	10 am - 11 am	FREE	605-362-3010
Brookings Activity Center 320 Fifth Avenue Brookings, SD 57006	September 8 th - December 3 rd	Tuesday & Thursday	11 am	FREE	605-692-4492
Class Sites on Hold for Summer					
Active Generations East 5500 E. Active Generations Place Sioux Falls 57110					605-336-6722
Active Generations Main 2300 W. 46 th St. Sioux Falls, SD 57106				First 12-Wk Class FREE**	605-336-6722
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.