

## Stay Active & Independent for Life (SAIL) Classes for 2025/All local locations

<b>SAIL classes Spring/Summer</b>					
Active Gen Main	May 19 – August 20	Monday and Wednesdays	10:30 – 11:30	\$65 for non-AG Members \$10 for AG Members	605-336-6722
Midco Aquatic Center	April 8 – June 26	Tuesday and Thursdays	9-10am (full) 10:30-11:30am (full)	FREE	605-376-8222 <a href="#">Website Registration</a>
Jacobsen Center	March 11 – May 29	Tuesday and Thursday	10-11 am	FREE Started but has space if would like to try the class	605-376-8222 <a href="#">Website Registration</a>
Westside Recreation Center	April 8 – June 26	Tuesdays and Thursdays	1-2 pm (full)	FREE – must register (FYI - Sr. membership for full facility \$13/mo or \$120/yr)	605-376-8222 <a href="#">Westside Registration</a>
Sanford Wellness Center on Oxbow	May 5 – July 23	Mondays and Wednesdays	1-2 pm 2 -3 pm	First 12-week Session FREE (Temporary Membership) Subsequent classes for members	605-328-1600
Beresford Community Library	May 19 – Aug 8	Mondays and Fridays	9-10 am	FREE	605-763-2782
First Lutheran Church	April 23 – July 16	Mondays and Wednesdays	9-10 am (full/waitlist)	FREE	605-336-3734
Our Savior's Lutheran Church	April 7 – July 30	Mondays and Thursdays	9-10 am	FREE Started but has space if would like to try the class.	605-339-7295
Pioneer Memorial Hospital (Viborg)	March 17 – June 9	Mondays and Wednesdays	10-11 am (full/waitlist)	FREE	605-326-5161(cardiac rehab dept)