

S.A.I.L

Class Schedule

**All classes listed are FREE to seniors
and open to the public.**

Always check with your doctor before starting
any exercise routine. Participant waiver
required for all classes.

Butler Senior Center – Tanglewood

10 Austin Avenue, Lyndora

Monday, Wednesday, Thursday

9:15 A.M.

Cranberry Township Senior Center

2525 Rochester Road, Cranberry Twp

Monday, Wednesday, Friday 9:15 A.M.

Tuesday 10:30 A.M.

Slippery Rock Senior Center

52 Branchton Road, Slippery Rock

Tuesday, Thursday 10:00 A.M.

Westminster Church

North Main Street, Butler

Monday, Tuesday, Thursday 11:00 A.M.

Evidence Based Exercise *Stay Active and Independent for Life*

S.A.I.L.

It Works... You'll be stronger, have better balance, and feel better – this will help you stay independent, active and prevent falls.

It's Safe... the instructors are experienced and skilled, and exercises have been tested with seniors.

It's Fun... you'll meet other seniors and make new friends.

Best of all it's Free!

Classes are specifically designed for people 60 years or older to help improve balance and mobility; reducing the risk of falls and improving quality of life.

Each class can be tailored to fit individual needs and are perfect for any fitness level – you can even participate sitting down!

What to expect

- 1 hour of exercise 2 to 3 times per week.
- Classes are taught by qualified senior fitness instructors.
 - You can sit or stand. Exercises are adapted for all levels of physical ability.
 - Exercises are specifically designed to help maintain and improve your balance and mobility.
- All participants receive a copy of: *Stay Active and Independent for Life: An Information Guide for Adults 60+*
- Registration paperwork and participant waiver are required for enrollment.