Stay Active & Independent for Life (SAIL)

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

It Works!

You'll be stronger, have better balance, feel better and 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!

One-hour classes are held twice a week beginning October 27, 2026

Portage Commons Senior Enrichment Center

133 N. William St., South Bend, IN 46601

Tuesday + Thursday
2:30 p.m. – 3:30 p.m.

Pre-registration required.
Scan the QR code or call (574) 284-7132

HEALTH EDUCATION

Scan the QR code or call (574) 284-7132 to register!

REAL SERVICES

Program may be provided in part by funding through the Indiana Family and Social Services Administration through the Older Americans Act and other grants.