



Inova Trauma Center presents

Fitness Classes for Adults 65+

Date: Every Tuesday and Thursday, 1 to 2 p.m. (starting Jan. 14, 2020)

Location: Inova Joan and Russell Hitt Center for Healthy Living
8100 Innovation Park Drive, Fairfax, VA 22031

SAIL – Balance, Strength and Falls Prevention Class

The SAIL (Stay Active and Independent for Life) program is designed to reduce the risk of falls through exercise and education. SAIL is an evidence-based falls prevention program with proven results. Taught by a trained SAIL coach, the group exercise class meets **twice a week for 12 weeks** and focuses on improving strength, balance and fitness.

All SAIL exercises can be done standing or sitting. Individuals of all abilities are invited to join.

For more information about SAIL, contact Linda Watkins at **703.776.3259** or injuryprevention@inova.org

There is a one-time fee of \$65 for the class. All attendees must register online. There will be 24 sessions total for this 12-week class.

Son, daughter or another adult driving you to class?

Your driving companion is welcome to use the gym facility at a discounted rate:

One-day pass.....\$3 (\$6 value)
(to use the gym floor, equipment and locker rooms)

Drop-in group class.....\$10 (\$15 value)

For more information on programs at Inova Joan and Russell Hitt Center for Healthy Living, visit inova.org/HealthyLiving

Join the fun, and register at inova.org/SAIL