



Sunnyvale



# S.A.I.L. Fitness Class ages 60+ Online!



## Stay Active & Independent for Life



For more information about S.A.I.L.:  
[www.svhap.org](http://www.svhap.org)

**Space is limited!  
Register online!**



- Join a community of like-minded adults
- Learn strength-building and balance
- Maintain independence, stay active
- Classes meet 2 days/week for 90 minutes, 8-10 weeks per session

**Classes begin  
Monday, May 1st!**  
**Mon & Fri 10A.M. - 11:30 A.M.**  
**through July 7, 2023**

This program is partially or fully funded by grant funds.

