

SAIL : Winter 2020 Class Schedule

Each class runs from January - March. Class sessions include an aerobic portion, strength training, balance and flexibility.

Classes are free to attend but require a physician's release.



Summit Pacific Wellness Center:

Monday / Wednesday / Friday 8 – 9 am

<http://bit.ly/SAIL8am>

Monday / Thursday 10:15 – 11:15 am

<http://bit.ly/SAIL1015am>

Monday / Thursday 11:15 – 12:15 pm

<http://bit.ly/SAIL1115am>

Tuesday / Friday 1 – 2 pm

<http://bit.ly/SAIL1pm>

Tuesday / Friday 11am – 12:30 pm

<http://bit.ly/SAIL11am>

***** This is an Advanced class - Participants MUST have good stamina and be able to get up and down from the floor, as it includes additional mat work for the core. *****

McCleary Community Center:

Tuesday / Friday 9 – 10 am

<http://bit.ly/SAIL9am>

Registration Options:

- Online: use the URL provided for the class you would like to attend
- Register on our Website [summitpacificmedicalcenter.org] or our Facebook page
- Paper registration forms available upon request

For additional information and/or paper registration forms contact Cindy @ 360-346-2297