

SAIL Fitness Certifications/Degrees

Fitness Certifications

Tai Chi

Tai Chi Quan: Moving for Better Balance and On the Move

Yoga

Arthritis Walk with Ease

National Association of Sports Medicine (NASM)

Aquatic Exercise Association (AEA)

Athletics and Fitness Association of America (AFAA)

American Council on Exercise (ACE) Fitness certified

Fit and Strong!

Geri-Fit Strength Training Workout

Silver Sneakers

Degrees

Kinesiology

Therapeutic recreation

Exercise Science

Physical Therapy

Physical Therapy Assistant

Occupational Therapy

Occupational Therapy Assistant

Physical Education