



ADAPTED FITNESS GROUP EXERCISE SCHEDULE

Begins April 4, 2022

These classes are ideal for individuals with developmental and/or intellectual disabilities. Caregivers and support staff may attend free of charge.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 11:00AM				<i>1st and 3rd Thursday</i> Inclusive Dance Party Program Center Heather	
10:30 – 11:30AM	Adapted Strength and Fitness Program Center Jake				
11:00 – 11:45AM			Adapted Gym 1/2 Gym 1 Jake		
					More for your membership! Group Exercise classes are included in your membership!

CLASS DESCRIPTIONS

Adapted Gym - Play games and develop sports skills in a fun and inclusive environment!

Adapted Strength and Fitness - This class is meant to help develop a foundation of strength training skills and physical competency; building muscle, motor abilities, and confidence moving your body.

Inclusive Dance Party - Led by an experienced instructor, participants will experience a fun and exciting dance party and series of games that will get their heart rates pumping and put smiles on their faces. Classes are based on themes that change monthly.

**At the Y, we're for Healthy Living,
because wellness in spirit, mind and body strengthens our very being,
and enhances our interactions with others.**

Do you know... that regular physical activity can lower your blood pressure, cholesterol and blood sugar levels, decrease your BMI and waist circumference and reduce muscle and bone loss?

