



ADAPTED FITNESS GROUP EXERCISE SCHEDULE Begins January 2, 2023

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 Heather	
10:00 – 10:45AM				<i>2nd and 4th Thursday and months with a 5th Thursday</i> Adapted Gym April	
					More for your membership! Group Exercise classes are included in your membership!

CLASS DESCRIPTIONS (Held in the PROGRAM CENTER)

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

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?

