



ADAPTED FITNESS GROUP EXERCISE SCHEDULE

Begins March 6, 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				1st and 3rd Thursday Inclusive Dance Party Heather	
					More for your membership! Group Exercise classes are included in your membership!

CLASS DESCRIPTION (Held in the PROGRAM CENTER)

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?

