



ADAPTIVE FITNESS

Bootcamp type class focusing on strength & conditioning, balance, movement, and endurance. Each class adapted to the individual abilities of participants.

All ability levels welcome.



WHO: Individuals with a special need or disability
16 Years of Age and Over

WHEN: Ongoing, Tuesdays through 2022, 5–5:45 P.M.

FEE: \$25 per month, or FREE with our ADAPTIVE MEMBERSHIP

EXTRAS:

- Wear sneakers or close toed shoes
- Bring Water

