



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Newport County YMCA Adapted Physical Activity Programs for Adults Early Spring February 27 to April 23

Adapted physical activity is for individuals with disabilities as well as individuals who need adaptations to activities to be able to participate. Each session is 45 minutes unless otherwise noted.

Special thanks to Mary Sullivan, The Tracy Family Foundation and The Fogarty Foundation for helping us offer the following class at no cost!

Monday:

Adult Sports Group 10:45am to 11:30am
Adult Strength Training 4:00pm to 4:45pm

Thursday:

Walking Group 10:45am to 11:30am
Yoga 1:00pm to 2:00pm

Tuesday:

Adult Water Weights 11:00am to 11:45am
Adult Gymnastics 3:45pm to 4:30pm

Friday:

Adult Social Swim 11:15am to 12:00pm
Adult Water Aerobics 6:15pm to 7:00pm

Wednesday:

Adult Cardio Dance 11:00am to 11:45am

Additional programs we also offer are:

Dancing with Parkinson's

Tuesday 11:00pm Price \$60 for and 8 week session

Adapted Aquatics

8 Individualized session for 30mins Price \$100 for members \$120 non-members

Fitness Introductions

8 Individualized session for 1 hour Price: \$160 for members \$180 for non-members