



**ADAPTED PHYSICAL ACTIVITY (APA) SCHEDULE
NEWPORT COUNTY YMCA
Effective September 3, 2024**

Day	Time	Activity	Place
MONDAY	<i>10:30-11 am</i>	<i>Walking Club</i>	<i>Common Fence Point</i>
	1:30-2:30 pm	Open Gym	Gymnasium
	2-3 pm	Zumba GOLD	Group Exercise Room
	3:30-4 pm	Small Group Training	Group Exercise Room
TUESDAY	11 am-12 pm	Dancing w/ Parkinsons	Virtual
	1-1:30 pm	Linda's Fitness with a Twist	MP4
	1:30-2:30 pm	Open Gym	Gymnasium
	3-4 pm	Gymnastics	Gymnastics Center
WEDNESDAY	1-1:30 pm	Chair Yoga	Group Exercise Room
	1:30-2 pm	Boxing	Gymnasium
	1:30-2:30 pm	Open Gym	Gymnasium
THURSDAY	1:30-2:30 pm	Open Gym	Gymnasium
	2:30-3:30 pm	Drums Alive!	Group Exercise Room
FRIDAY	<i>11:15 am-12:15 pm</i>	<i>Linda's Lunch & Learn</i>	<i>Common Fence Point</i>
	1-1:30 pm	Balance	Group Exercise Room
	1:30-2:30 pm	Open Gym	Gymnasium
	4-5 pm (last Friday of the Month)	Kitchen Fun	Community Kitchen
	6:15-7 pm	Social Swim	Aquatics Center

Adapted Physical Activity (APA) classes are designed to include adaptations that encourage and make possible participation by all people, regardless of individual challenges. Through the generosity of the Fogarty Foundation, NewportFed Charitable Foundation, and private supporters, these classes are free of charge to anyone in the community.

Please note: Common Fence Point classes are held at 933 Anthony Road, Portsmouth RI