



ADAPTED PHYSICAL ACTIVITY (APA) SCHEDULE (EFFECTIVE 9/2/25)



Time	Activity	Place
MONDAY		
10 -11 am	All Abilities Social Club	Education Center
1:30-2:30 pm	Open Gym	Gymnasium
2-3 pm	Zumba GOLD	Group Exercise Rm
3:30-4 pm	Small Group Training	Group Exercise Rm
TUESDAY		
10 -11 am	All Abilities Social Club	Education Center
11 am - 12 pm	Dancing w/Parkinsons	Virtual
1-1:30 pm	Linda's Fitness w/a Twist	MP3
1:30-2:30 pm	Open Gym	Gymnasium
3-3:45 pm	Gymnastics	Gymnastics Center
WEDNESDAY		
10 -11 am	All Abilities Social Club	Education Center
1-1:30 pm	Chair Yoga	Group Exercise Rm
1:30-2 pm	Boxing	Group Exercise Rm
1:30-2:30 pm	Open Gym	Gymnasium
THURSDAY		
10 -11 am	All Abilities Social Club	Education Center
1:30-2:30 pm	Open Gym	Gymnasium
2:30-3:30 pm	Drums Alive!	Group Exercise Rm
FRIDAY		
10 -11:00 am	All Abilities Social Club	Education Center
11:15-12:15 pm	Linda's Lunch & Learn	Common Fence Point
1-1:30 pm	Mobility & Strength	Group Exercise Rm
1:30-2:30 pm	Open Gym	Gymnasium
6:30-8:00 pm	Social Swim	Aquatics Center

Adapted Physical Activity (APA) classes include accommodations to encourage participation by everyone, regardless of individual challenges. Through the generosity of the Fogarty Foundation, NewportFed Charitable Foundation, and other supporters, these classes are free for all to attend! Y Membership is NOT required.

Common Fence Point (CFP) classes are held at the Common Fence Point Community Center, 933 Anthony Road, Portsmouth RI.

Please note: The All Abilities Social Club is self-directed. Activities and a sign-in sheet will be in the room along with contact information should you need assistance.