



ADAPTED PHYSICAL ACTIVITY (APA) SCHEDULE (UPDATED 2/16/26)



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
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
10:30-11:45am	Dancing w/Parkinsons	Virtual
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, the Sharks Special Olympics Team, 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.