



ADAPTED PHYSICAL ACTIVITY (APA) SCHEDULE (UPDATED Sept. 2026)



Time	Activity	Place
MONDAY		
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 (starts October 6 th)	Education Room
1:30-2:30 pm	Open Gym	Gymnasium
3-3:45 pm	Gymnastics	Gymnastics Center
WEDNESDAY		
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 (starts October 8 th)	Education Room
1:30-2:30 pm	Open Gym	Gymnasium
2:30-3:30 pm	Drums Alive!	Group Exercise Rm
FRIDAY		
11:15-12:15 pm	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

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- 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.

APA CLASS DESCRIPTIONS

All Abilities Social Hour (self-directed): We provide the space and materials such as board games and crafts supplies for you to unwind and have fun with friends.

Boxing: a form of non-contact, modified boxing training designed so people with disabilities, chronic health conditions, or age-related limitations can safely participate in structured physical exercise. It takes the core movements of traditional boxing and adapts them to meet the needs, abilities, and safety requirements of each participant.

Chair Yoga: a gentle form of yoga that is practiced while sitting in a chair or using a chair for support. It is designed to make yoga accessible for people who have limited mobility, have balance challenges, are recovering from injuries, prefer a low-impact movement option, or are older adults or beginners

DAPpers - Dance for All: (Zoom Link: <http://brown.zoom.us/j/749724296>). This is a dance class that can be done seated or standing, focusing on

- Improving balance, agility, flexibility, and posture
- Supporting cognitive and emotional well-being
- Reducing feelings of isolation
- Helping participants reconnect with their bodies

Drums Alive: a music-and-movement fitness program that blends aerobic exercise, rhythmic drumming, and brain-body integration to create a fun, energizing, and inclusive workout experience, using drumsticks, exercise balls, and upbeat music to engage participants physically, mentally, and emotionally.

Gymnastics: move, jump, and stretch your body in the gymnastics center. ***Please note that this is not a structured gymnastics class,*** but rather a chance to move in a space with soft surfaces.

Lunch & Learn: (Located at Common Fence Point Community Center). Bring your lunch, socialize with friends, and discuss healthy living topics.

Mobility & Strength: this class focuses on building strength, improving joint mobility, enhancing balance, and promoting functional movement through modified exercises and accessible equipment. Participants are guided at their own pace in a safe, encouraging environment to help increase confidence and overall physical well-being.

Open Gym (self-directed): The gym is available for you to walk, stretch, shoot hoops, and more. Move at your own pace!

Small Group Training: Varied exercises adapted for the group in attendance.

Social Swim: Free swim!

Zumba Gold: a lower-intensity, easy-to-follow version of Zumba designed especially for active older adults, beginners, and anyone who wants a gentler, joint-friendly dance-fitness workout.