

FITNESS FOR FUNCTION



WHAT TO EXPECT:

Interested in improving your strength and fitness?

Fitness for function is a beginner friendly program for individuals of all abilities. We'll start with a warm up and adapt any exercise for you before leading you through various stations with resistance bands, weights, walking, and more! With Fitness for Function you'll get the knowledge you need build your workouts at home and the YMCA! Come meet welcoming peers, build your strength, and join the community!



JOIN THE FUN:

Community members participate in fitness for function with a wide range of diagnoses including, but not limited to:

- Visual Impairments
- Multiple Sclerosis
- Traumatic Brain Injury
- Spinal Cord Injury
- Post CVA (Stroke)

EQUIPMENT

- Sportable will provide all equipment necessary including:
 - Battle ropes
 - Resistance bands
 - Balance discs
 - Arm bikes
 - Weights
 - Medicine Balls
 - Dumbbells
 - Variety of weights to meet your needs & preferences
 - Much more!



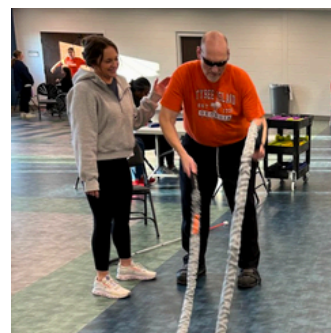
COMMON ADAPTATIONS*

- Verbalized step-by-step instructions & modeling
- Exercises adapted for seated or standing
- Universal cuffs can be added to equipment to support your ability to maintain grasp
- Exercises can be tailored to your individual needs and made easier or harder



HOW IT WORKS

1. Introductions & Group Warm Up
2. Fitness Stations with Sportable staff and volunteers!
3. Cool Down Stretches



*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR PARTNERS:

