

Adaptive Sports & Fitness Center Updates

Read the September 2023 version of the September 2023 update





General Classes for All Ability Levels

Adaptive Yoga: Seated Level or Mat Level

Adaptive Pilates

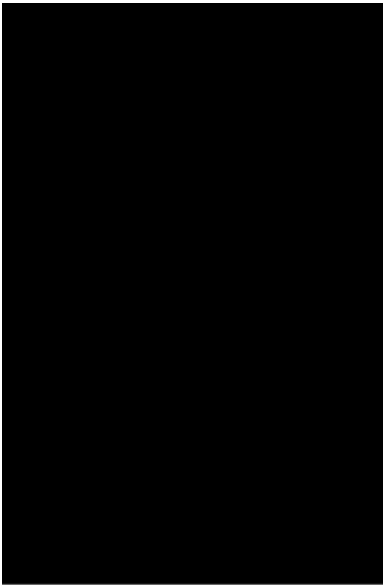
Seated Dance

Balance and Stability

Golf Performance

Strength and Bone Resilience

Aquatic Fitness: Group/Individual



Levels
