

Adaptive Fitness Schedule



February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p <u>Adaptive Aqua Zumba®</u> Brooks Y Pool 5:10-6 pm	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm <u>Adaptive Aquatics 6</u> Brooks Y Pool12-1:30 <u>MS Fitness:</u> Brooks Y (A) 2-3	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p
6	7	8	9	10
<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p <u>Adaptive Aqua Zumba®</u> Brooks Y Pool 5:10-6 pm	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm <u>MS Fitness</u> Brooks Y (A) 2-3 pm	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p <u>Adaptive Aqua Zumba®</u> Brooks Y Pool 5:10-6 pm	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm Adaptive Aquatics OFF <u>MS Fitness:</u> Brooks Y (A) 2-3	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p
13	14	15	16	17
<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p <u>Adaptive Aqua Zumba®</u> Brooks Y Pool 5:10-6 pm	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm <u>MS Fitness</u> Brooks Y (A) 2-3 pm	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p <u>Adaptive Aqua Zumba®</u> Brooks Y Pool 5:10-6 pm	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm <u>Adaptive Aquatics 1</u> Brooks Y Pool12-1:30 <u>MS Fitness:</u> Brooks Y (A) 2-3	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p
20	21	22	23	24
<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p Adaptive Aqua Zumba® OFF	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm <u>MS Fitness</u> Brooks Y (A) 2-3 pm	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p <u>Adaptive Aqua Zumba®</u> Brooks Y Pool 5:10-6 pm	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm <u>Adaptive Aquatics 2</u> Brooks Y Pool12-1:30 <u>MS Fitness:</u> Brooks Y (A) 2-3	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p
27	28	29	March 1	2
<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p <u>Adaptive Aqua Zumba®</u> Brooks Y Pool 5:10-6 pm	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm <u>MS Fitness</u> Brooks Y (A) 2-3 pm	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p <u>Adaptive Aqua Zumba®</u> Brooks Y Pool 5:10-6 pm	<u>Stroke Wellness</u> Dye Clay Y- 10-12 pm Williams Y- 1-4 pm <u>Adaptive Aquatics 3</u> Brooks Y Pool12-1:30 <u>MS Fitness:</u> Brooks Y (A) 2-3	<u>Stroke Wellness</u> Brooks Y- 1-4 pm Johnson Y- 1-4 pm St. Augustine Y- 1-4 p

Have questions? Call Julie Schafer at (904) 854-2088

www.brooksadaptivesports.org

<u>CLASS</u>	<u>DESCRIPTION</u>
*MS Fitness	This one-hour class is designed for those with Multiple Sclerosis, to provide cardiovascular fitness, strength-training, balance activities, and flexibility exercises.
*Adaptive Aqua Zumba®	Water-based workout that integrates Latin moves and music into traditional aqua fitness. This class is open to all physical disabilities.
*Adaptive Aquatics	Improve balance, flexibility, strength, and coordination through exercises in the water. This class is open to all physical disabilities.
Stroke Wellness	Structured, self-paced fitness program for stroke survivors who have completed formal outpatient therapy. Each stroke survivor will have an exercise program developed by a Brooks Physical Therapist prior to enrollment, as well as a signed medical release. Call Julie Schafer at 854-2088 to enroll in the program or for more information. There is a monthly fee for this program.

***There is no cost to program participants.**

“Offers individuals with a physical disability the opportunity to enjoy a higher quality of life through participation in sports and recreational activities”

“Enjoy the benefits of improved physical, social, emotional health and well-being”

