

# Adapted Fitness for Adults Programs - Spring Session : April 27- June 26 Summer Session: June 29- August 28



The Steadward Centre for Personal & Physical Achievement offers kids, teens and adults experiencing disability the opportunity to improve their health, lifestyle, physical fitness and/or athletic performance.

The Adapted Fitness Program for Adults (AFPA) provides access to a specialized fitness centre as well as individual and group exercise programs for adults living with impairment under the supervision of specialized staff and volunteers.

In offering these programs our primary goals are to:

- Create appropriate individual fitness programs
- Increase participant fitness knowledge
- Adapt exercises and equipment for all abilities
- Promote participation in regular physical activity

Registration for Spring/ Summer 2015 will open March 16, 2015. For more information please visit our website or contact the AFPA Office

**Web:** [www.steadwardcentre.ualberta.ca](http://www.steadwardcentre.ualberta.ca)

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Program	Description	Cost	Schedule
<b>Adapted Fitness for Adults (AFPA)</b>	Access to a specialized fitness facility , workout alongside other adults living with impairment with the supervision of staff and student volunteers. *All new participants require an individualized assessment and program development prior to joining AFPA.	Standard Rate \$70  Subsidized rates available	<b>M,W,F</b> Session 1- 8:00-10:00 Session 2- 10:00- 12:00 Session 3- 1:00- 3:00 Session 4- 3:00- 5:00
<b>Functional Electrical Stimulation (FES)</b>	Functional electrical stimulation is a modality that uses electrical currents applied to nerves supplying paralyzed or weakened muscles through electrodes placed on the skin. We offer FES arm cycling, leg cycling and rowing.  *All new participants require an FES assessment prior to registering for the program.	Standard Rates: 3X/ week- \$102 2X/week- \$90  Subsidized rates available	<b>M,W,F</b> Session 1- 8:00-10:00 Session 2- 10:00- 12:00 Session 3- 1:00- 3:00 Session 4- 3:00- 5:00 <b>T,Th</b> Session 5- 10:00- 11:00 Session 6- 11:00 -12:00 Session 7- 1:00- 2:00 Session 8- 2:00- 3:00
<b>Sit to be fit</b>	A 60 minute seated aerobics style class using body weight exercises as well as light free weights and resistance bands led by the instructors. The class provides an introduction to strength, cardio and range of motion exercises.	2X/ week- \$35 1X/ week- \$17.50	<b>T,Th</b> 10:00- 11:00
<b>Circuit Training</b>	Take your workout to the next level! Rotate through a series of exercises in this 60 minute circuit workout. Participants are required to transition between stations and complete the exercises independently.	2X/ week- \$35 1X/ week- \$17.50	<b>T,Th</b> 11:00- 12:00
<b>Active Passive Trainer (APT)</b>	This 60 minute class will get your heart pumping by combining the passive motor of our APT's with resistance training and range of motion exercises. Make the most of your hour with this full body workout!	3X/week- \$52.50 2X/week- \$ 35 1X/week- \$17.50	<b>M,W,F</b> 1:00- 2:00
<b>1:1 Training Sessions</b>	This package includes ten- 60 minute individualized fitness sessions with one of our physical activity consultants. Training sessions are scheduled based on consultant availability. *All participants new to 1:1 training at TSC require an assessment.	\$100.00  New Participant package- \$140.00	<b>M-F</b> 8:00- 4:00
<b>Walking and Wheeling Club</b>	Take your cardio workout outside! A supervised walking and wheeling group that takes advantage of the summer weather and the beautiful green space on campus.	\$25.00 Free for participants registered in AFPA	<b>F (May 22- Aug 28)</b> 10:30- 12:00

	<b>Fitness Assessment Package</b>	A 90 minute individualized adapted fitness assessment and program development. This package includes two 60 minute introductory fitness sessions familiarizing participants with their fitness program and the AFPA Fitness facility.	\$60.00	<b>By appointment only-</b> Please call 780-492-9236
	<b>FES Assessment Package</b>	A 60 minute FES assessment conducted by a Steadward Centre Exercise Physiologist assessing range of motion and response to stimulation to determine eligibility for FES programming and program development. The package includes two introductory FES sessions and a full set of electrodes.	\$55.00	<b>By appointment only-</b> Please call 780-492-9236
	<b>Parking</b>	Parking passes are available for purchase from our business office. Our parking passes are valid in The Steadward Centre lot (located at the west entrance of the Van Vliet Complex). Please contact our receptionist at 780-492-3182 if you would like to purchase a parking pass.	Annual \$90.00 Spring& Summer \$35.00 Fall& Winter \$65.00	<b>Please contact the business office for more details (1-670)</b>