



# Torigian Family YMCA FITNESS FOR EVERYONE



## ABOUT Y ADAPT

Y ADAPT is a structured exercise program for persons with physical or mobility issues.

- The program serves individuals that need specialized, adaptive exercise equipment to maintain their health and fitness.
- Y Adapt is recreational in nature. It is a non-clinical program not to be considered rehabilitation. Physician approval is required.
- Participants and trainers work together to create a tailored exercise plan that meets the individual's needs.
- Youth participants are welcome!

## ADAPTIVE EQUIPMENT

In the Adaptive Fitness Center, there is a variety of equipment dedicated to the Y ADAPT program, including:

- RT300 Ergometer FES Leg Cycle
- MOTomed Viva 2 Leg Cycle
- Mat Table for Mat Exercises & Stretches
- Wheelchair-Accessible Strength Training Equipment
- Strength Equipment
- NuStep T5XR
- Bravo Functional Trainer
- Life Fitness Multi Station

## HOW TO JOIN

Interested participants should contact us to set up an appointment. After a tour, participants will:

- Complete a Y ADAPT application
- Provide a medical history
- Provide medical clearance by a physician
- Submit an exercise prescription from a physician/occupational therapist (if applicable)

## FINANCIAL ASSISTANCE AVAILABLE

Y ADAPT is available to YMCA of Metro North members at no additional cost. If you are unable to afford the cost of a membership, financial assistance is available. **Please visit our Welcome Desk for more information.**

## FOR QUESTIONS AND INQUIRIES:

**Director of Health & Wellness**

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[WWW.YMCAMETRONORTH.ORG/Y-ADAPT](http://WWW.YMCAMETRONORTH.ORG/Y-ADAPT)

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