

**EXERCISE FOR THE
PHYSICALLY CHALLENGED**

**STRONGER
THAN YOU THINK**



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GROWING STRONGER TOGETHER

ABOUT THE PROGRAM

- Free to all who wish to participate.
- No YMCA membership required.
- Designed to meet the needs of adults with physical disabilities.
- Light cardiovascular and strength work done at your own level.
- Music and props for a FUN workout!
- Done sitting or standing.
- Handicap accessible.
- Optional pool time with lift available.

SEPTEMBER-MAY

Tues/Thurs: 11:15am-12:15pm in the East Gym
Tues/Thurs: 12:25pm-1:10pm in the Pool

JUNE-AUGUST

Tues: 10:45am-11:45am in the East Gym
Tues: 12:00pm-12:45pm in the Pool



For more information:
Rudi Hiney
330.499.2587 ext. 143.

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CAREGIVERS SUPPORT GROUP

Meets the first Tuesday of every month
11:15am-12:15pm
September - May
For support, encouragement, and
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FREE and open to all.

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