



Rec2Connect Adult (Ages 15+) Recreation Therapy Classes

Fitness Connection

1:1 Recreation Therapy Program

- Standardized CERT Physical to determine areas of strength and need
- Personalized treatment/fitness plan
- Weekly established goals
- Focus on
 - Strength and endurance
 - Improve muscle tone
 - Fine and gross motor function
 - Hand-eye coordination
 - Balance
 - Flexibility
 - Encourage healthy fitness routine
 - Increase knowledge of exercise techniques
 - Improve social awareness
 - Increase socialization and community integration

Fit Friends Connection

Small group setting in fitness studio

- Warm up, alternating between standing strengthening exercises and cardio exercises followed by a cool down.
- Personalized treatment/fitness plan
- Weekly established goals
- Focus on
 - Strength and endurance
 - Improve muscle tone
 - Fine and gross motor function
 - Hand-eye coordination
 - Balance
 - Flexibility
 - Encourage healthy fitness routine
 - Increase knowledge of exercise techniques
 - Improve social awareness
 - Increase socialization and community integration

- 1 hour sessions with 1:1 Recreation Therapist
- Flexible scheduling on Thursdays at the Gemini Center
- Contact kia.rec2connect@gmail.com for individualized pricing

Location: Gemini Center

Time: 4p-5p

Thursdays: 11/29-12/27

Cost: \$150

Register: kia.rec2connect@gmail.com

Winter Session: 12 Weeks-1/10-3/28