



## 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](mailto: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](mailto:kia.rec2connect@gmail.com)

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