

# SEATED, ADAPTED EXERCISE FOR PEOPLE WITH DISABILITIES

FREE ONLINE CLASSES  
LIVE ON ZOOM

STARTING MONDAY, OCTOBER 16, 2023



## Seated Strength and Endurance

- Each 1-hour class includes adapted cardiovascular and strength exercises. Some leg exercises optional.
- Includes optional periods of High Intensity Interval Training (HIIT), which is excellent for building endurance and burning fat.
- Led by Michelle Arington, a certified NASM trainer.

MONDAY  
10/16 - 12/11  
4:00 ET



## Positively Fit Seated Rock-Outs

- Each class includes adapted cardio, strength training, and stretching utilizing the upper body.
- Music keeps us motivated and having fun.
- Led by Jerod Neider who has a C5 complete SCI and trains for hand cycling marathons. He has completed the New York marathon twice.

TUESDAY  
10/17 - 12/12  
4:30 ET



## Seated Cardio and Core

- Each 1-hour class includes cardiovascular and strength exercise utilizing the upper body and core.
- A portion of each class is focused on core strength.
- Led by Ben Clark, who has a C7 spinal cord injury. He is a certified personal trainer and has led online exercise and yoga classes for over 5 years.

WEDNESDAY  
10/18 - 12/20  
3:00 ET



**Gathering Strength**  
For Living Your Best Life

To register, scan the QR code or  
visit [www.gatheringstrength.org](http://www.gatheringstrength.org).

