

# Adaptive Training Program

## What is the Adaptive Training Program?

With the goal of independent physical activity participation, the adaptive training program is designed for individuals with physical limitations that make accessing the use of traditional fitness equipment especially challenging. Individuals work with a certified personal training and/or exercise physiologist to exercise safely, effectively and ultimately independently with adapted fitness equipment, exercises and a training program.

## Who is Eligible for the Adaptive Training Program?

This training program is available for members of Madonna Wellness Club. It is suited for individuals with a variety of medical conditions, including, but not limited to: spinal cord injury, stroke, traumatic brain injury, multiple sclerosis, amputation or severe arthritis.

## How Does the Adaptive Training Program Work?

Participants first meet one-on-one with a certified trainer for an evaluation. The evaluation determines the type of exercise program needed, along with the number of sessions available with the trainer. These complimentary, individual sessions range between 3 - 10, depending upon need. Following completion of the free of charge, one-on-one sessions, participants may transition to a monitored adaptive class group setting or may continue working individually with a personal trainer at a discounted personal training rate.



The monitored, group setting classes are led by a certified trainer and involve stretching, strength training and cardiovascular training.

## How is the Adaptive Training Program Different From Other Fitness Opportunities?

Not only does the adaptive training program involve equipment and expertise at Madonna Wellness Club, it also coordinates with Madonna Rehabilitation's Institute for Rehabilitation Science and Engineering, where collaborative work between fitness trainers and clinicians aim to breakdown barriers clients face when attempting to use traditional equipment for physical activity. Adapted equipment emerging from this research is available for use at Madonna Wellness Club.

## How Do I Get Started with the Adaptive Training Program?

Contact Fitness Manager Carla Zedicher at 402.413.4012 or [czedicher@madonna.org](mailto:czedicher@madonna.org) to determine eligibility, scheduling and if the program is right for you.

## Madonna Wellness Club Hours

Monday - Thursday: 5:00 a.m. - 10:00 p.m.

Friday: 5:00 a.m. - 8:00 p.m.

Saturday & Sunday: 7:00 a.m. - 7:00 p.m.

