



ADAPTIVE ATHLETES IN MOTION



Madonna ProActive is proud to partner with Bloc Life foundation to offer their Adaptive Athletes in Motion program. These small group, high-intensity functional fitness classes are designed specifically for those with adaptive needs such as individuals with physical limitations and disabilities. The class setting is intended to build community and camaraderie, creating a challenging yet fun exercise environment.

All class instructors are certified personal trainers or exercise physiologists with specialized education and experience working with individuals of varying ability levels. All instructors have received the Adaptive & Inclusive Training certification through the Adaptive Training Academy. Caregivers are welcome to accompany and assist their client or family member in class.

Each class is programmed to accommodate individuals based on their needs:

- Seated
- Standing with lower extremity partial limb or complete amputation
- Standing with upper extremity partial limb or complete amputation
- Neurological conditions (Cerebral Palsy, Multiple Sclerosis, Traumatic Brain & Spinal Cord Injuries)
- Legally Deaf or Blind
- Plus more!



WHAT IS FUNCTIONAL FITNESS?

Functional fitness is a classification of exercises and exercise programming that translate into movements performed in everyday life.

WHY IS FUNCTIONAL FITNESS BENEFICIAL?

The goal of performing functional fitness movements is to become stronger and more efficient with movements to improve overall quality of life and make day to day activities easier. The small group class format allows individuals to receive specific guidance and feedback.

WHEN ARE THESE FUNCTIONAL FITNESS CLASSES OFFERED?

Madonna ProActive's Adaptive Athletes in Motion classes will begin June 25th, 2024.

We anticipate offering classes the following days and times:

- Tuesdays & Thursdays, Time TBD
- Saturdays, 9:00 a.m. - 10:00 a.m.

If you are interested please reach out to Samantha Kelly at skelly@madonna.org or 402.413.4011 as soon as possible to ask questions and provide feedback on class days and times!