

ADAPTIVE ATHLETES IN MOTION

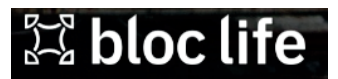


Madonna Wellness Club is proud to partner with Bloc Life foundation to offer their Adaptive Athletes in Motion program. These small group, high-intensity functional fitness classes are designed specifically for those with adaptive needs such as individuals with physical limitations and disabilities. 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. Registration is required.

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 Wellness Club's Adaptive Athletes in Motion are offered every week and are at no additional cost for members of the club.

- Tuesdays & Thursdays, 2:00 p.m. - 3:00 p.m.

If you are interested please reach out to Samantha Kelly at skelly@madonna.org or 402.413.4011 to ask questions and start the registration process.

Adaptive Athletes in Motion

Frequently Asked Questions

1.) What is Adaptive Athletes in Motion (AAIM)?

AAIM is a 60 minute functional fitness class created by the Bloc Life Foundation. Each class includes a warm up, workout and cool down. Workouts are tailored to each person's specific needs.

2.) Who is eligible for the AAIM program?

AAIM is designed and intended for those with physical disabilities and/or a diagnosis that impacts physical mobility. In order to ensure you qualify there is a Bloc Life application process followed by a ProActive program registration.

3.) How often are classes offered and how often can I attend?

Classes are available 3 days per week. Attend as you are able to. For Madonna members, there is no additional cost at this time.

4.) How do I apply and register for AAIM?

1. First, apply through the Bloc Life Foundation. [Contact Us | Bloc Life](#)
2. Once you apply, your information is provided to Madonna ProActive. Samantha or AAIM Instructor will email you the ProActive program registration sheet.
3. After completing and submitting the registration sheet, Samantha or AAIM instructor will review your information if the class is appropriate they will set up on-ramp sessions with you.

5.) What are on-ramp sessions?

On-ramp sessions are one on one sessions with an AAIM instructor to review the class structure, take you through a few assessments and review exercise and equipment commonly used in classes.

6.) Do I need prior experience with exercise before participating in AAIM classes?

No. During the on-ramp sessions instructors will establish an ideal starting place for your workouts based on your experience.

7.) How often am I able to attend class?

You can attend up to 3 classes per week. To ensure there is ample space and equipment, enroll via the member portal or by calling 402.420.0000 at least 48 hours prior to each class.

8.) What do I do if I'm not able to attend a class that I signed up for?

As soon as possible, call 402.420.0000 or log into the member portal to unenroll in the class.

9.) What type of clothing and shoes should I wear?

Comfortable clothing and shoes ready for physical activity.

10.) What is recommended restroom use?

We recommend using the restroom prior to starting. If you need to use the restroom at anytime during the class, the closest restroom will be the family changing rooms and locker rooms. If you need assistance in the restroom, your caregiver would accompany you rather than AAIM staff.

11.) Who are the staff/volunteers involved or leading the program?

Madonna certified personal trainers and exercise physiologists. Program leaders have gone through the Adaptive and Inclusive Training certification. At times, additional instructors and volunteers will assist with classes who have gone through instruction on how to safely support AAIM classes.

12.) What additional items should I bring?

Water bottle/drink to stay hydrated. Consider bringing a change of clothes.

13.) As a caregiver, can I leave my client/family member at the facility and return at the end?

If your client/family member does not require continual assistance in the class, yes!

14.) If an AAIM class is canceled, how will I know?

Madonna ProActive staff will call you if a class is canceled.