



# Adaptive Sports & Fitness

## Who We Are

Our staff includes an adaptive physical education teacher, an exercise physiologist and certified personal trainers. Their professionalism and ability to adapt is what sets us apart from what you come to expect from a sports and fitness facility. They use their education and experience to push you to accomplish your goals whether they are to continue living independently, lose weight, gain new skills, keep progressing in your recovery or maintain a healthy and active lifestyle.

## What We Do

Our sports program is proud to offer people of all abilities a sports experience that is appropriate, challenging and above all fun. We offer competitive and recreational sports to everyone from an aspiring athlete, a seasoned competitor, or someone looking to stay active.

Our fitness center is designed around accessibility and our staff is available to give you the appropriate attention that you need. Whether that be a guided exercise experience with personal training and group exercise or to just give you access to the equipment and knowledge to keep progressing in your fitness journey.

## Location

Our facility located at 33 Coventry Street Hartford, CT 06112 offers an accessible fitness center, multipurpose sports area and community space. We also accept invitations to provide a program or talk at local schools, events and support groups. Please inquire for more information.

## Why We Do It

It is proven that life changes are more successful when you have a strong support system behind you. We strive to meet the needs of our members, guests and their loved ones by welcoming them into our Oak Hill Adaptive Sports and Fitness family. We have worked hard to cultivate an environment that is welcoming to all and meets you where you are.

## Membership

Our **month-to-month membership** includes:

- A comprehensive orientation process to fully understand your needs/goals and introduce you to all of our equipment.
- A customized exercise program designed by our experienced staff catered towards your specific abilities and goals.
- Free group exercise classes  
- Virtual fitness Services
- Discounts on personal training and Alter G sessions/packages

**If you have Silver Sneakers or Renew Active through your insurance your membership is free!**

**Additional Services (\*added cost)**

- Alter G Anti-Gravity Treadmill Training\*
- Personal training with one of our specialized trainers\* (both in person and virtually)
- Inclusive sports programs for all ages and abilities including playgroups for children ages birth-5\*
- Summer programs for children ages 5-21\*
- Competitive sports programs including wheelchair lacrosse, wheelchair softball, women's wheelchair basketball and more.\*
- Pickleball\*
- Physical Education Classes: Adaptive PE, Homeschool PE and more.\*
- Adaptive Field Trips\*
- Facility Rentals\*
- Special Olympics Unified Sports and Fitness Club
- Volunteer and Internship Opportunities

*"It's so nice to finally find a gym where everyone sees and treats you as a person and are not intimidated by our disabilities."*

~Cheryl M.



## contact us

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