



A GYM FOR ALL. SENSORY FRIENDLY FITNESS CLASSES

Join the Y for our very first Sensory Friendly Fitness Class for adults with intellectual and developmental disabilities! Ages 18+.

WHEN: Wednesday, 1:00 – 1:45

WHERE: The Multipurpose Room

This fitness class is based on the Sensory Circuits techniques, stimulating the mind through a mixture of fitness and sensory friendly activities.

Adult participants must be accompanied by a caregiver/assistant. Preregistration is required for participation. Registration is for a one-month period. A waitlist is available.

This class is FREE for YMCA members. Non-members must pay the admission fee. Caregiver/assistant may enter with the participant at no cost.

This class is made possible by funding from the Four Way Community Foundation's Rose Douglas Trust.

**Grants Pass Family YMCA
1000 Redwood Ave
Grants Pass, OR 97527
grantspassymca.org**

REGISTRATION:

Register in-person at the Y or call the membership desk at (541) 474-0001.

For more information:

**Rita Kurz, Health & Wellness Director
Phone : (541) 474-0001
rkurz@grantspassymca.net**

