



Roseville Health & Wellness Center

Adaptive P.E.

Roseville Health and Wellness Center is now offering a program entitled Adaptive Physical Exercise (APE Classes). Vigorous or strenuous exercise is associated with decreased hyperactivity, aggression, self-injury and destructiveness in people with Autism Spectrum Disorder.

All APE Group Classes are structured in a way that offers a personalized exercise program but carried out in a motivating group setting. Each individual is allowed to progress at his or her own pace, and feel safe in an environment where they will not be judged for their own particular level of ability.

Depending on fitness needs, some individuals may not be appropriate for a group format, independent or personalized one on one personal training may be more appropriate. For this reason, we have numerous options to choose from, including:

- **APE Group Exercise** - each 60-minute class consist of a group exercise session with one of our Adaptive P.E. specialists. Classes will include a cardiovascular, balance, flexibility and strength component.
- **Independent Workout** – Depending upon the individual, only a small amount of instruction may be necessary prior to exercising independently. Cardiovascular and strength training equipment such as: NuStep, treadmills, arm bikes, ellipticals, balance and stability balls and more are available for use.
- **Individualized Personal Training with APE specialist** – students can work with a personal trainer to tailor a specific exercise program to meet their individual fitness and wellness goals. Great care will be taken to choose appropriate exercises with an emphasis on safety and adaptations for each individual.

*APE Group Classes - \$35 drop in fee per class
Or \$75 one on one personal training*

**Sign up at the Front Desk or call Lisa at
916-677-1200 to reserve your spot today!**

1650 Lead Hill Blvd, Roseville | 916.677.1200
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