



# Adaptive Group Exercise

Adaptive group exercise are low impact fun classes designed for children and adults with special behavioral and developmental disabilities. The two types of group exercises will be chair yoga and zumba! These classes will be focused on fun and flexibility to get the body moving with your friends.

**Wednesdays starting January 7**  
4-5 pm @ Stanwood-Camano YMCA Gym

Scan the QR code below to learn more and register.

Contact [GRochon@ymca-snoco.org](mailto:GRochon@ymca-snoco.org) for more information!



School District Distribution Disclaimer: "The Stanwood-Camano School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flier, and undertakes no responsibility to supervise these events. This information is provided as a community service at the request of the event sponsor and organizer. This is not a district sponsored or endorsed event."