

Chapter 126

Sports & Fitness
An Oak Hill Center

A black and white photograph of a woman with a prosthetic right arm. She is wearing a dark tank top with a blue collar and is seated on a stationary exercise bike. She is looking directly at the camera with a focused expression. The bike's handlebars and flywheel are visible in the foreground.

Imagine

A sports and fitness facility designed specifically for people with disabilities.

Now imagine it real.

Imagine a unique, adaptive recreational sports and fitness facility designed specifically for youth and adults with disabilities, veterans, and their family and friends.

Imagine specialized equipment, resources, certified trainers and amenities.

Imagine a center with the main goal of empowering individuals with disabilities to adopt healthier lifestyles by engaging in adaptive and supportive exercise and health education.

Imagine a year-round venue for adapted sports.

Imagine customized fitness programs designed specifically for each individual's goals and needs.

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Sports • Fitness • Community

Imagine



Chapter 126 offers year-round sports and recreational programs serving a wide variety of ages, interests and abilities.

The facility houses a full-sized gymnasium with a high school regulation basketball court. We offer sports programs and recreational classes for **kids and adults** throughout the day and on weekends.

Participating in a sport or recreational activity can help:

- Increase strength
- Improve cardiovascular health
- Enhance mobility
- Raise energy levels
- Improve flexibility and range of motion
- Develop coordination and balance
- Build self-esteem

Sign-up for a 10-week class, join a team, enter a tournament or just come in and shoot some baskets. Whether you are new to an activity or are looking to gain an edge in your current sport, we offer clinics and coaching to help you reach your goal.

Check the schedule online or stop by the front desk and find your **inner athlete**.

Sports



The Fitness Center is **Fitness**

designed with accessibility in mind. Featuring 11 specialized strength training pieces, 4 treadmills including the state-of-the-art AlterG Anti-Gravity treadmill, arm cycles, total body steppers, Elliptimill, Krank Cycle, parallel bars, stairs and more. The fitness center staff have degrees in Exercise Science, top certifications and most importantly, experience working with special populations. Staff is always available to assist you and answer your questions.

Group Exercise Classes are specially designed to be all-inclusive. Join the fun and motivation of exercising as a group. Classes are structured and easily adapted to meet the needs of each participant.

Custom Exercise Programs are offered to all full-facility members. An exercise specialist will create an individualized exercise routine unique to you and monitor your progress throughout the length of your membership.

Personal Training is available to individuals looking for one-on-one attention during workout sessions. Personal training is a great way to keep yourself motivated, increase your intensity level, and enhance your training.

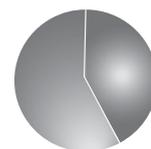
At Chapter 126, we strive to achieve a sense of **connection** among our members and throughout the community. For some people, just getting out of the house is challenging both physically and psychologically. Coming to Chapter 126 makes it all worthwhile.

At Chapter 126 Sports & Fitness, we don't want you to come and exercise for an hour and go home. We want you to feel a part of the 126 family. Sure we want you to be healthy, but as a Chapter 126 member we also want you to experience and have access to our:

- Resource Center with computers and literature
- Canteen
- Lectures and seminars
- Recreational activities and games
- Special events (holiday gatherings, Super Bowl parties, family movie nights)
- Trips

When you join Chapter 126 Sports & Fitness you're not just a member, you're one of us!

Community



42%

Nearly 42 percent of American adults with disabilities are obese



400,000

Close to 400,000 people in Connecticut have some kind of disability



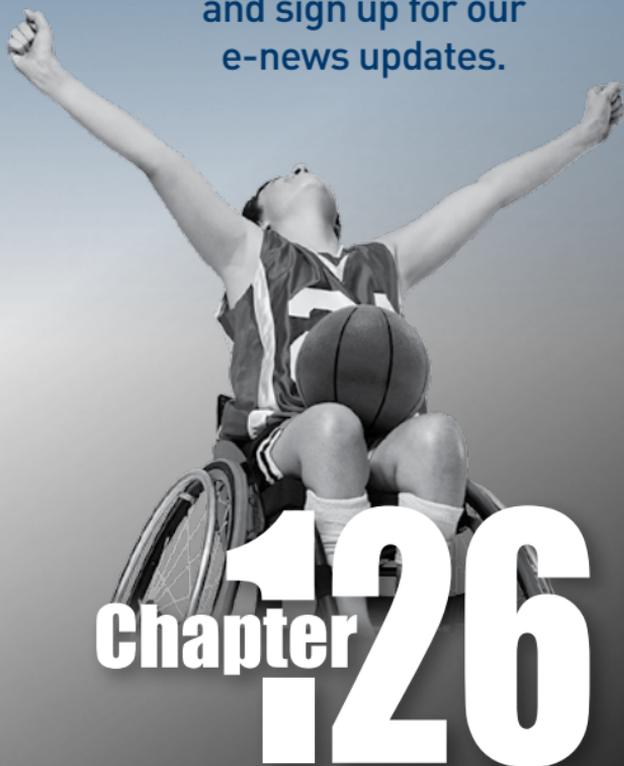
\$2,500

The average cost of an adaptive sports wheelchair is \$2,500

Featuring:

- 25,000 sq. ft. facility
- Basketball court/gymnasium
- Specifically designed exercise equipment
- Group exercise room and classes
- Resource Center
- Fully accessible locker rooms
- Strength & conditioning specialist
- Certified trainers
- Sports programs
- Health & Wellness classes

Stay informed and watch the excitement build. Call us at 860.769.7047 or go to chapter126.com and sign up for our e-news updates.



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chapter126.com

