



SPORTS•FITNESS•COMMUNITY

A sports and fitness facility designed specifically for adaptive athletes and individuals with physical disabilities and chronic conditions

Hours of Operation

Monday, Wednesday & Friday: 7:00am- 5:00pm
Tuesday & Thursday: 7:00am-7:00pm

Membership Fees

No Contracts, Sign-up Fees or Cancellation Fees

Monthly	
Student	\$30
Individual Full Facility	\$45
Adult +1 Full Facility	\$60
Family Full Facility	\$75
SilverSneakers	\$0-FREE
Renew Active	\$0-FREE

Daily Drop In (Full use of the facility for the day)

Individual	\$10
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Membership Discounts available for Veterans, AARP members and Oak Hill employees.

Sports and Recreation Programs

Our multipurpose room can accommodate pickleball, Shuffleboard, Boccia Ball, adaptive gym classes, and other team sports. In addition we host various sports clinics, team practices, workshops, and more.

- Recreational and competitive adaptive sports
- Gym classes and Playgroups
- Variety of adaptive sports equipment
- Sensory Friendly Play equipment and fun

VISIT US ONLINE!

<https://sportsandfitness.oakhillct.org/>

For all the latest news, information and schedules

Contact us today at 860-243-2869 or email at
CentersConnect@oakhillct.org

Take a look at what Oak Hill Adaptive Sports & Fitness has to offer

Exercise is important for everyone to maintain their health, but it is imperative for those with a physical disability or chronic health condition. Our experienced and specialized staff will provide you with the guidance you need to accomplish your goals all while making sure you are safe and healthy. Our center is designed around accessibility and we offer unparalleled health and wellness opportunities. We are open to those of any and all abilities including your family members, caregivers and friends. We can't wait to see you!

Fitness Center

Our specialized fitness center and fitness team are ready to show you what is possible! Members enjoy the following benefits:

- Full access to our fitness facility and equipment
- Two free fitness consultations with a member of our Fitness Team
- Customized exercise program designed by experienced and specialized staff
- Free and unlimited group exercise classes (drop in for non-members available)
- Properly maintained cardio equipment, free weights, resistance machines and more

Personal Training

Our staff are here to provide the one-on-one, hands on instruction you are looking for. Choose a thirty or sixty minute session where are staff will motive you through a workout with your safety & goals in mind. Perfect for those looking to maximize results in the least amount of time.

• 30 minute session - Member \$30 Non-Member \$45