

EXERCISE FOR LIFE

EXCEL in functional fitness through strength, endurance, power and flexibility.

8-WEEK SERIES

**TUESDAY EVENINGS OR
SATURDAY MORNINGS**

**GAYLORD PHYSICAL THERAPY
415 HIGHLAND AVE, CHESHIRE, CT**

PROGRAM INFORMATION

Exercise for Life (EX4L) is a strength and conditioning program for individuals ages 16 and older with a physical disability or visual impairment, including veterans. This circuit based program incorporates high-intensity exercises, push/pull progressions, and core training. Participants work on building strength, endurance and flexibility in a group setting. Classes are led by an exercise specialist under the supervision of a physical therapist. This program is ideal for individuals looking to learn or build upon fitness skills and gain confidence working out in a gym environment. Individualized modifications are provided to promote independence, safety and success.

MEET THE COACHES



Kimberly Hopkins, PT, DPT
Physical Therapist, Gaylord Specialty Healthcare, Cheshire
Certified Adaptive and Inclusive Trainer
Exercise for Life Program Coordinator



Phuong Trinh
Rehabilitation Aide, Gaylord Specialty Healthcare, Cheshire
Exercise Specialist
Doctor of Physical Therapy student

2026 SESSIONS

Class sessions are 8 weeks long and offered four times a year:

January 20- March 14
April 7- May 30
July 28 - September 19
October 20 - December 19



Class Days & Times

Tuesdays	Saturdays
6:30 PM - 7:30 PM	9:00 AM – 10:00 AM
7:30 PM – 8:30 PM	10:00 AM – 11:00 AM

REGISTRATION

Open to individuals ages 16+ with a physical disability or visual impairment, including veterans. No fee to attend. Register online by scanning the QR code below. New participants must complete Gaylord Sports Association new member paperwork.

Questions?

Contact the Gaylord Sports Association at:
203-284-2772 or sports@gaylord.org



Gaylord Specialty Healthcare is a rehabilitation-focused, nonprofit health system that provides inpatient, outpatient, and physical therapy services for people at every point in their journey from illness or injury to maximum recovery. The Gaylord Sports Association is dedicated to improving the lives of individuals ages 16 and up with a physical disability or visual impairment through adaptive sports and recreation. Gaylord Physical Therapy provides orthopedic and neurological therapy services and has facilities located in Cheshire, Cromwell, Fairfield, North Haven, Madison and Wallingford.