DISABILITY network
Washtenaw • Monroe • Livingston

ADAPTIVE SPORTS & FITNESS
UNIVERSITY OF MICHIGAN





Fitness

Winter 2026

with Coach Brian

Looking for a workout partner, extra motivation, or a welcoming place to get active? **Fitness with Coach Brian** offers a supportive and approachable environment where participants of all fitness levels can exercise, build confidence, be active, and have fun together. Whether you're new to fitness or already active, **every activity can be adapted to meet your goals and comfort level.**

The class will focus on circuit fitness — a style of training that combines endurance, strength, and cardio exercises into one engaging workout. Each session begins with a group boxing warm-up before rotating through a variety of fitness stations designed to improve strength, mobility, and cardiovascular health.

Join **Coach Brian Elliott from University of Michigan Adaptive Sports & Fitness** for movement, motivation, community, and **FUN!**

Wednesdays | 12:30 - 1:30 PM
following Studio Be: Open Studio

Nov. 18 • Dec. 2 • Dec. 9 • Dec 16

Disability Network - Washtenaw Office
3941 Research Park Dr., Ann Arbor

(734) 971-0277 • dnwml.org • info@dnwml.org