

Kristy Hoornick  
[kristy@huttonhouse.com](mailto:kristy@huttonhouse.com)  
(519) 472-6381 ext 230

- Introduction
- Fitness for Abilities
- Adaptable Gyms
- How to adapt exercise for all abilities
- Training abilities
- Cost effective equipment ideas
- Contraindications for different disabilities
- Brainstorming ideas of how you can work with all abilities
- The Adaptable Fitness Certification