

Program Details

All sessions are held in a fully equipped and accessible exercise space.

Revved Up Mobility

- Adults with a mobility impairment (e.g. spinal cord injury, MS, stroke, amputation, ABI) or intellectual disability (e.g. Down Syndrome, Autism Spectrum Disorder)
- Held at Queen's University, with sessions at Providence Care returning September 2023
- \$45 for intake assessment, \$80 for 4 months



Revved Up at Home

- Adults with a mobility impairment (e.g. spinal cord injury, MS, stroke, amputation, ABI)
- Sessions are home-based, and take place online over Zoom
- \$45 for intake assessment, \$45 for 10 weeks

Program Benefits

- Improve quality of life and overall wellbeing
- Gain strength and fitness
- Meet others in the community
- Receive support from our trained volunteers during exercise sessions



Contact Information



Kingston Revved Up Coordinator



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[Facebook.com/revvedup1](https://www.facebook.com/revvedup1)



[@revvedupqueens](https://www.instagram.com/revvedupqueens)



Partners



Canadian Disability Participation Project

Le projet canadien sur la participation sociale
des personnes en situation de handicap



Ongwanada
Support, Respect, Choices



Revved Up Exercise Program

An adapted exercise program that
promotes physical activity for persons
living with disabilities

