



# Exercise 4 Life Program (EX4L)

**Helping individuals with paralysis EXCEL in functional fitness through strength, endurance, power and flexibility.**

## EX4L

The EX4L program is a unique opportunity for those with paralysis to work with exercise physiologists, under the supervision of physical therapists, in a modified, or adaptive gym setting. The goal is to get people comfortable being back in the gym, or will act as an introduction to equipment that may not have been used in the past.

**\*Limited space\***

### For more information:

Email Kimberly Levesque, PT, DPT at [klevesque@gaylord.org](mailto:klevesque@gaylord.org)

### Gaylord Physical Therapy / **Cheshire**

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[rehabwithapro.org](http://rehabwithapro.org)



**Gaylord Physical Therapy** is part of **Gaylord Specialty Healthcare** —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. Headquartered in Wallingford, CT, today Gaylord serves a mix of local, regional, national, and international patients.

- **FREE** training program
- **High-intensity**
- **Circuit-based**
- **Various push/pull progressions**
- **Core training**
- **Various specialty programs (yoga, dance, pilates, and more!)**
- **Instructional lecture series**

**Tuesdays, 6:30pm - 8:30pm**

**Saturdays, 9am - 11am**

Supported by:

