Adaptive Exercise

Here are some places on and off campus to assist you in meeting your physical activity goals!

### On-Campus Resources

**UT Services for Students with Disabilities**  
512-471-6259  
Guidance on available adapted physical activities

**UT RecSports**  
512-471-3116  
Accessible weight room and facilities, personal training

### Off-Campus Programs

**NCHPAD, Wheel Chair Fitness Program**  
1000 E. 41st St.  
512-451-1752  
Biking, camping, canoeing, sailing, kayaking, and various sports, etc.

**Seton Brain and Spine Recovery Center**  
Adapted Sports Program  
512-698-1472  
Wheel chair sports including track, swimming, basketball, football, tennis, bowling, kayaking, fishing, and conditioning

**Danny G. McBeth Recreation Center**  
2401 Columbus Dr.  
512-974-9011  
Sports and outdoor activities, tennis, swimming, basketball, cycling, and rowing

**YMCA of Austin SNAP Fitness**  
6219 Oakclaire Dr.  
512-891-9622  
Walking, stretching, cycling, circuits, etc.

**Easterseals LIFE Center**  
8505 Cross Park Dr., Ste. 120  
512-615-6814  
Sports, physical fitness and recreation

**Texas Rowing for All**  
1541 West Cesar Chavez, Austin, TX  
Rowing for all with physical, sensory, and cognitive disabilities

**Lonestar Paralysis Foundation**  
7900 FM 1826, Room 105  
512-673-7823  
Adaptive fitness facility that is free for anyone with a spinal cord injury