



Abilities Movement, Inc.  
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## About Abilities Movement, Inc.

**Abilities Movement, Inc. (AM)**, formerly known as Adapted Recreation Services, is a not-for-profit organization that provides **fitness, wellness, sports opportunities, and community integration** for people of all abilities through comprehensive classes in fitness and sports.

On-staff Service Providers have extensive experience, knowledge, and ongoing education in **fitness and adapted fitness** and are dedicated to providing individualization (Individualized Fitness Plans – IFP’s) to meet the diverse health and wellness needs of our participants). **AM focuses on the unique needs of all individuals, including those with physical and developmental disabilities.**

Abilities Movement Service Providers and Participants work together with you right in thier own community center, park, home, or wherever they work or play.

**Abilities Movement is offering live interactive Tele-Fitness classes during the Covid-19 NY State on PAUSE directive.**

Abilities Movement's focus is to develop a comprehensive plan that emphasizes the goals of each individual and their families. We partner with community organizations, local businesses, and disability-oriented services in Monroe and surrounding counties to help provide integration opportunities. We work closely with self-directed programs to help build classes around the needs of individuals. Our organization is open to all and has no limitation to who we serve.

### Connecting People and Community Through Fitness

**AM provides comprehensive classes:**

- Individual Fitness/Personal Training
- Adapted Fitness/Personal Training
- Adapted Fitness/Personal Training/Personal Training for Individuals who have Severe Medical Needs
- Group Fitness/Group Adapted Fitness
- Community Fitness Support Consulting/Training
- Adapted Basketball Team – Mighty Dunks
- Power Wheelchair Soccer Team – Rochester Speed Demons

## **Our History:**

Michael Tuller created Abilities Movement (f/n/a Adapted Recreation Services) in May 2010 as a sole-proprietorship and offered a mix of individual recreational therapy and group activities. Mr. Tuller holds a MEd degree in adapted physical education and health, and has 20 years' experience in managing recreational programs for people with disabilities with some of Rochester's leading not-for-profit agencies.

Given that the majority of AM' clients are receiving varied services provided by other local not-for-profit agencies, and that AM was also collaborating with several of these agencies to provide mutually beneficial programs, it made good business sense to have AM become a not-for-profit agency itself.

Achieving this goal helped reduce the cost of programs, allows more collaborative program opportunities, and offers scholarships to those who need it. In September 2012, AM began the lengthy process and finally was granted 503c not-for-profit agency status in February 2015. In March of 2019, Adapted Recreation Services changed its name to Abilities Movement.

Mr. Tuller, who now serves as the Executive Director of AM, also develops the programming, and fosters relationships with other not-for-profits and community organizations—all dedicated to promoting recreational opportunities for people with disabilities. Several board members provide AM's oversight—all parents of people with disabilities—that provide guidance and support in the areas of business strategy, finance, marketing, and fundraising.

The programs and services offered by AM are delivered throughout Rochester and the surrounding communities using rented or donated space. AM has developed relationships with many not-for-profit agencies, community centers, schools, and private fitness centers to use their facilities to develop and deliver AM programming to individuals within their communities.

## **Our Team:**

### **Michael Tuller - Executive Director/ Personal Trainer**

Michael Tuller is the founder and Executive Director of AM. He holds a MS ed, is a Certified Adapted Physical Educator with a Health Certification. He has been in the field for 20 years serving the community in a variety of ways from teaching, integrations services, adapted sports/recreations, and adapted fitness. Mike works hard to helping people of all abilities by helping them develop healthy living habits and gives them the confidence to explore ways to be healthy within their lives. He does this through the love of sports, the outdoors activities, recreation, and fitness. "Everyone has the ability to move and find happiness through that engagement "

### **Jennifer Shanley - Assistant Director**

Jennifer Shanley joined Abilities Movement in the Spring of 2017. With a background in marketing, software design, and social work, Jennifer wishes to use her knowledge of technology, marketing, and facilitating inclusion for individuals of all abilities, to help further the goals of a non-profit serving the community. Prior to joining Abilities Movement, Jennifer was a coordinator for the T.I.E.S. (Together Including Every Student) Program, a parent representative for school district CSE and 504 meetings, a Parent Group Facilitator for Better Days Ahead at

the Mental Health Foundation, a Member of the Fairport Central School District's Dignity for All Students Act (DASA) Committee, PTA Co-President and committees chair, and co-creator of the Greece Central School District Inclusive Education Parent Committee.

**Ursula DiPasquale - Wellness Coordinator/Personal Trainer**

Wellness Coordinator, Ursula DiPasquale is an American Council on Exercise Certified Personal Trainer, Group Exercise Instructor, and Health Coach with experience helping clients for 11 to 91 reach their fitness goals. Ursula uses her knowledge and training in Spinning, Stages Indoor Cycling, TRX, and RIP Trainer, Hydridorider, Move It, Stott Pilates Reformer and Chair to create individualized experiences for all clients. Ursula has a background in adapted fitness and is able to help design a program that will meet your needs.

**Jack Hill, Power Wheelchair Soccer Coach**

Jack is a dedicated parent of one of our soccer player and had help run practices for many years prior to taking over the team in 2018. He is a dedicated coach for the Abilities Movement Rochester Speed Demons soccer team who helps provide a fun, safe, and competitive program for people in power wheelchairs.