



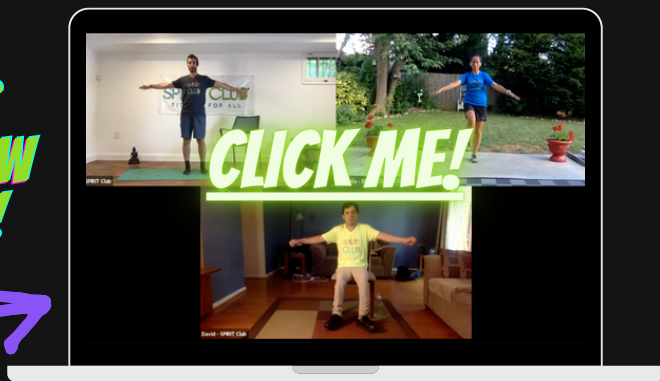
SUPPORTIVE VIRTUAL EXERCISE & HEALTHY LIFESTYLE CLASSES!

Classes available *virtually* from the comfort of your home! Including:

FITNESS - YOGA - ZUMBA - BOXING - MEDITATION - HEALTHY COOKING!

CLASSES ARE LED BY MULTIPLE TRAINERS TO ENSURE THERE IS ALWAYS AN EXERCISE ON SCREEN THAT IS RIGHT FOR YOU!

**CLASS
PREVIEW
HERE!**



Or hold
your
phone's
camera
over this
code:



To ensure programs support people of ALL abilities, classes are developed and taught by certified fitness trainers who are also certified through the Developmental Disabilities Administration. Classes are available:

ANYTIME

Classes can be watched Live or On-Demand, giving you the chance to build them into your own schedule.

ANYWHERE

Classes require no equipment, so you can participate from anywhere with just your body.

SPECIAL PARTNERSHIP WITH



**** SPIRIT Club also offers Virtual Personal Training, Partner Training, and Small Group Classes ****