

Offering a unique opportunity for those with intellectual, physical and developmental disabilities to work out in a state-of-the-art fitness studio.



Program curriculum focuses on muscular strength, endurance and cardiovascular training, facilitated by an accredited personal trainer.

Small Group Personal Training

- Results-driven program
- Monitors individual progress
- Achieve S.M.A.R.T. goals
- Improved coordination, flexibility, balance & mobility



Build strong minds and strong bodies!

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sasi Adaptive Fitness Program

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(Inside the Moving Miracles Dance Studio)

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