

Offering a unique opportunity for those with intellectual, physical, and developmental disabilities to work out in a safe and practical fitness studio.

Personal Training

Program curriculum focuses on building muscle strength, endurance and cardiovascular health, facilitated by an accredited personal trainer.

Small Group Personal Training

- Results-driven program
- Monitors individual progress
- Programs designed to accommodate individual needs
- Achieve S.M.A.R.T. goals
- Education on muscle group activation and equipment engagement



Monday, Tuesday, Thursday classes available

\$30 Registration Fee

\$195 three-month package



Personal Training by sasi

954 Union Rd. Suite 1, West Seneca, NY 14224
(Inside the Moving Miracles Dance Studio)

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