SPIRIT CLUB®
FITNESS FOR ALL

**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 have also received training 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 are designed to not need any equipment, so you can participate from anywhere with just your body weight.

### ANY BUDGET

We never want cost to be a barrier, so we ask you to just *Pay What You Can* for unlimited access to our virtual classes!

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# TRY A CLASS FOR FREE!

**VISIT US AT WWW.SPIRITCLUB.COM**
**EMAIL US AT JOIN@SPIRIT-CLUB.COM**

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