



EXERCISE AS A HUMAN RIGHT:

**PROVIDING INCLUSIVE PHYSICAL FITNESS TO PEOPLE WITH IDD
DURING THE PANDEMIC AND BEYOND**

HISTORY & BACKGROUND

- ▶ In 2012, began working as a Support Counselor for adults with IDD, and as a Personal Trainer at a gym.
- ▶ Quickly discovered the need for more supportive exercise programming.



“PEOPLE WITH DISABILITIES ARE 58% MORE LIKELY TO BE OBESE THAN THE GENERAL POPULATION” -CDC



Met Sam Smith, marathoner with autism

Created SPIRIT Club to create a UNIVERSAL DESIGN for fitness so people of ALL abilities can participate together



SPIRIT CLUB MISSION

- ▶ *To offer a universal design for fitness that empowers people of all abilities to exercise successfully in a socially integrated setting*

FITNESS TRAINER CERTIFICATIONS

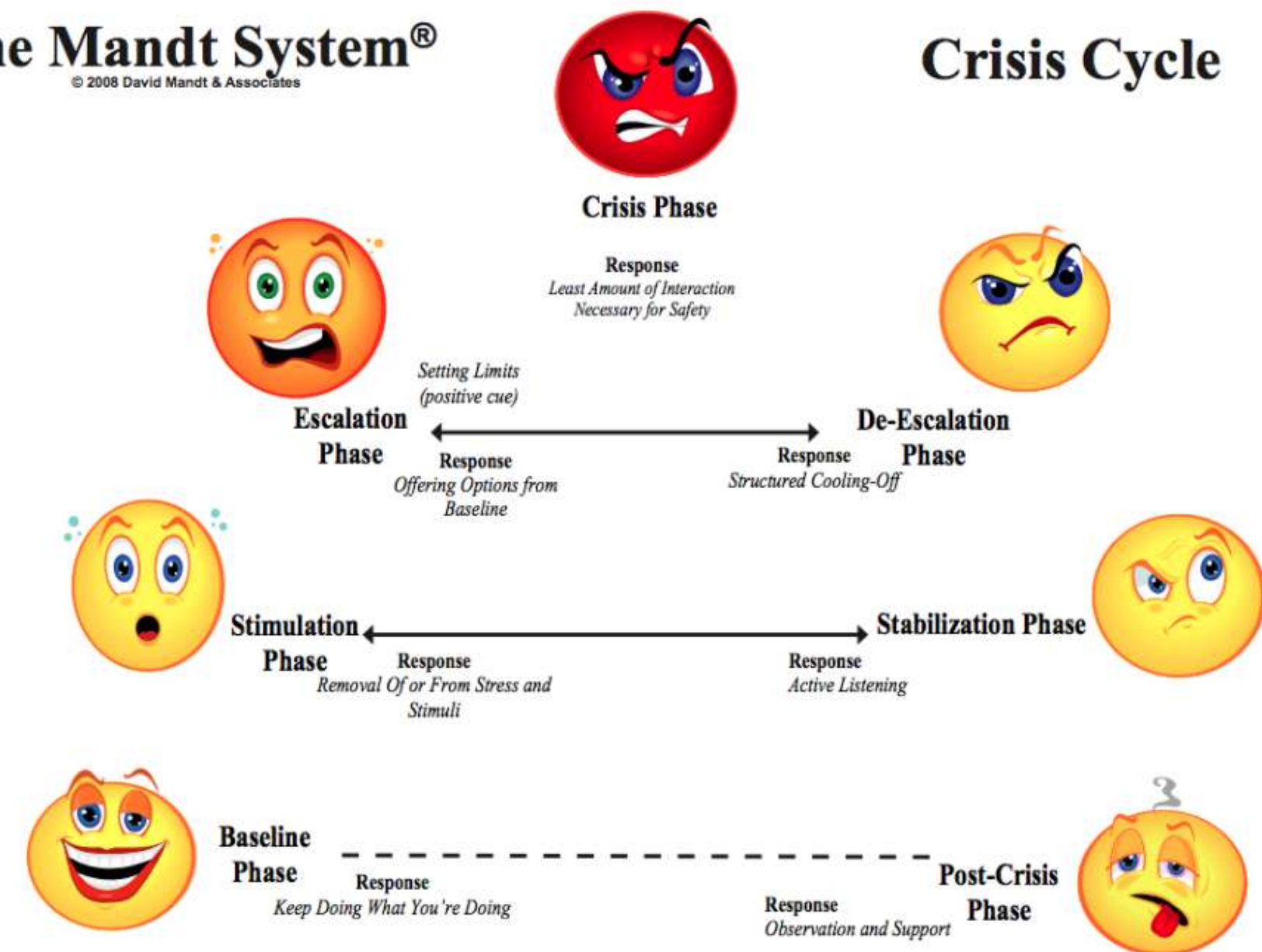


MARYLAND
Department of Health
Developmental Disabilities Administration

The Mandt System®

© 2008 David Mandt & Associates

Crisis Cycle





Dear Supporter,
class without

POSIT
• Be support
• Help your

PRES
• Stand in fr
• Please ref

PATI
• Let your
• Use your
forcing m

Thank you so

Sincerely, S



MICHAEL

Lost 82 pounds

**Increased confidence, mood,
& social capabilities**

[See Michael's Story here:](https://youtu.be/w2QtJtLkKfE)

<https://youtu.be/w2QtJtLkKfE>

2012-2020

- ▶ Offering services to 350+ people per week
- ▶ Working with people with disabilities as well as those without
- ▶ Partnering with 25+ service providing agencies
- ▶ Leading classes in over 12 locations, including the Under Armour Performance Center in Baltimore

ADAPTING TO CORONAVIRUS

V I R T U A L

SPRIT CLUB®
FITNESS FOR ALL

CURRENT VIRTUAL PROGRAMMING

- ▶ Personal Training
- ▶ Partner Training
- ▶ Private Group Classes
- ▶ DAILY COMMUNITY CLASSES



WEEKLY VIRTUAL CLASS SCHEDULE

DAY	CLASS	TIME
SUN	SPIRIT YOGA	Live at 11am*
MON	CARDIO FITNESS	Live at 11am*
TUES	SPIRIT ZUMBA	Live at 11am*
TUES	iFITNESS (interactive)	Live 4pm (reg. required)
WED	SPIRIT BOXING	Live at 11am*
WED	MEDITATION	Live at 4pm*
THURS	SPIRIT YOGA	Live at 11am*
THURS	BALANCE FITNESS	Live at 4pm*
FRI	STRENGTH FITNESS	Live at 11am*

***AVAILABLE ON-DEMAND - WATCH ANYTIME**

DAILY COMMUNITY CLASSES

CLASS OFFERED EACH WEEK:

**3 Fitness classes,
2 Yoga classes,
Boxing,
Zumba,
Meditation, &
Healthy Cooking**

MEMBER ACCESS ▾

Live Classes

On Demand Classes

LIVE CLASS PAGE

ON-DEMAND CLASS PAGE

SC Online Class Password Protect x +

spirit-club.com/online-classes/

Upcoming LIVE Daily Community Classes

JOIN US

Wednesday 8/19 4:00pm EST	Meditation	Rebecca	WATCH LIVE
Thursday 8/20 11:00am EST	Yoga	Rebecca	WATCH LIVE
Thursday 8/20 4:00pm EST	Strength Training	Abel	WATCH LIVE
Friday 8/21 11:00am EST	Cardio Fitness	Sam E.	WATCH LIVE
Sunday 8/23 11:00am EST	Yoga	Rebecca	WATCH LIVE
Monday 8/24 11:00am EST	Balance & Flexibility	Abby	WATCH LIVE
Tuesday 8/25 11:00am EST	Zumba	Denny	WATCH LIVE
Wednesday 8/26 11:00am EST	Boxing	Kristian	WATCH LIVE

SC On Demand Classes | SPIRIT CLUB x +

spirit-club.com/on-demand-classes/

Class Library

JOIN US

Tags provide a quick way of finding specific class types (e.g. all yoga classes) and trainers (e.g., all of Abby's classes). The Search tool expands your options by searching the text in the video descriptions (e.g., trainer-focused, multi-trainer, July, etc.).

3 TAGS SELECTED

SEARCH

Zumba (Denny) August 18, 2020 - Multi-Trainer View	SPIRIT Boxing (Kristian) August 12, 2020 - Trainer-Focused View	SPIRIT Boxing (Kristian) August 12, 2020 - Multi-Trainer View
SPIRIT Zumba (Denny) August 11, 2020 - Multi-Trainer View	SPIRIT Fitness - Strength (Abel) August 6, 2020 - Trainer-Focused View	SPIRIT Fitness - Strength (Abel) August 6, 2020 - Multi-Trainer View



Jared - SPIRIT Club



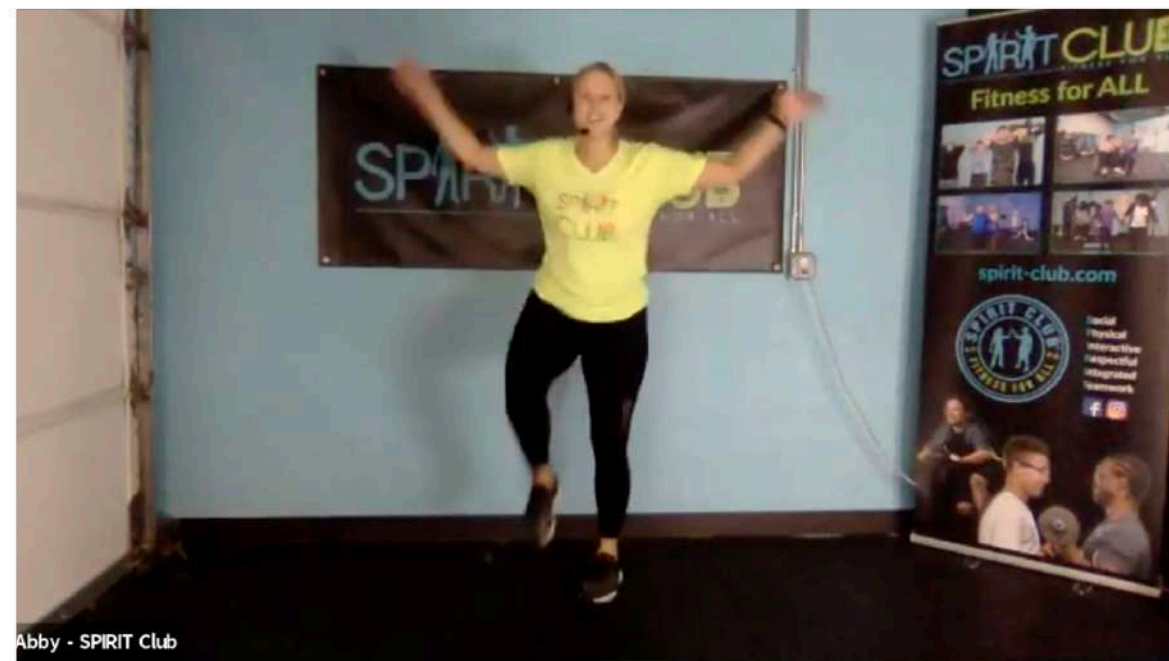
Marcela - SPIRIT Club



David - SPIRIT Club

MULTI-TRAINER MODEL

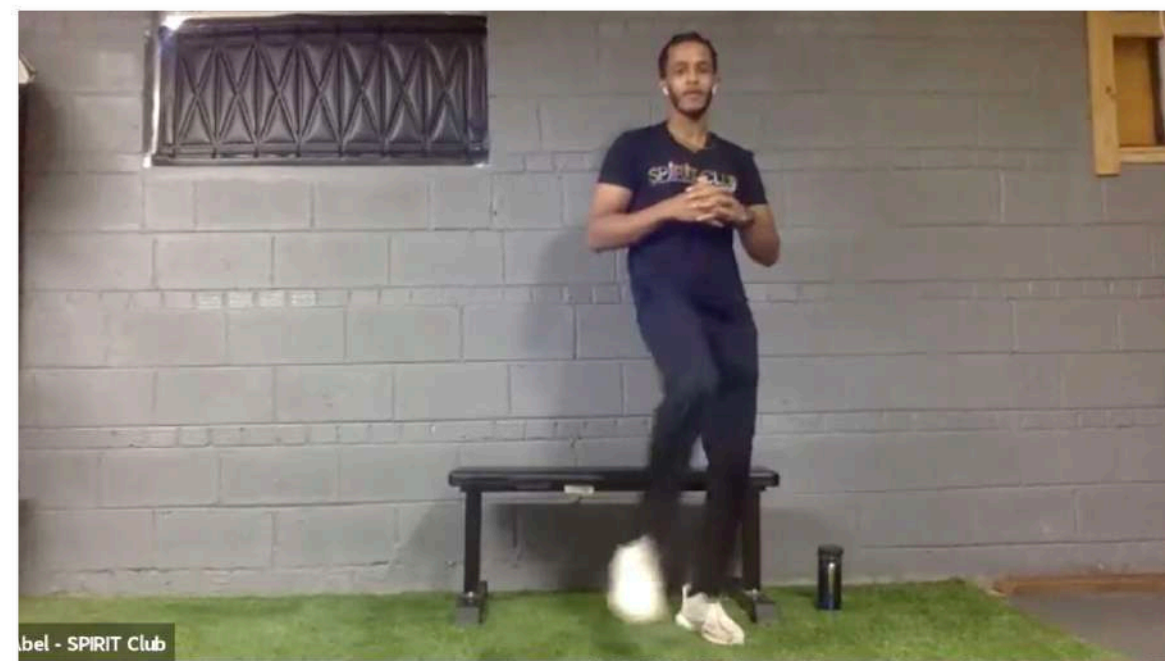




Abby - SPIRIT Club



David - SPIRIT Club



Abel - SPIRIT Club



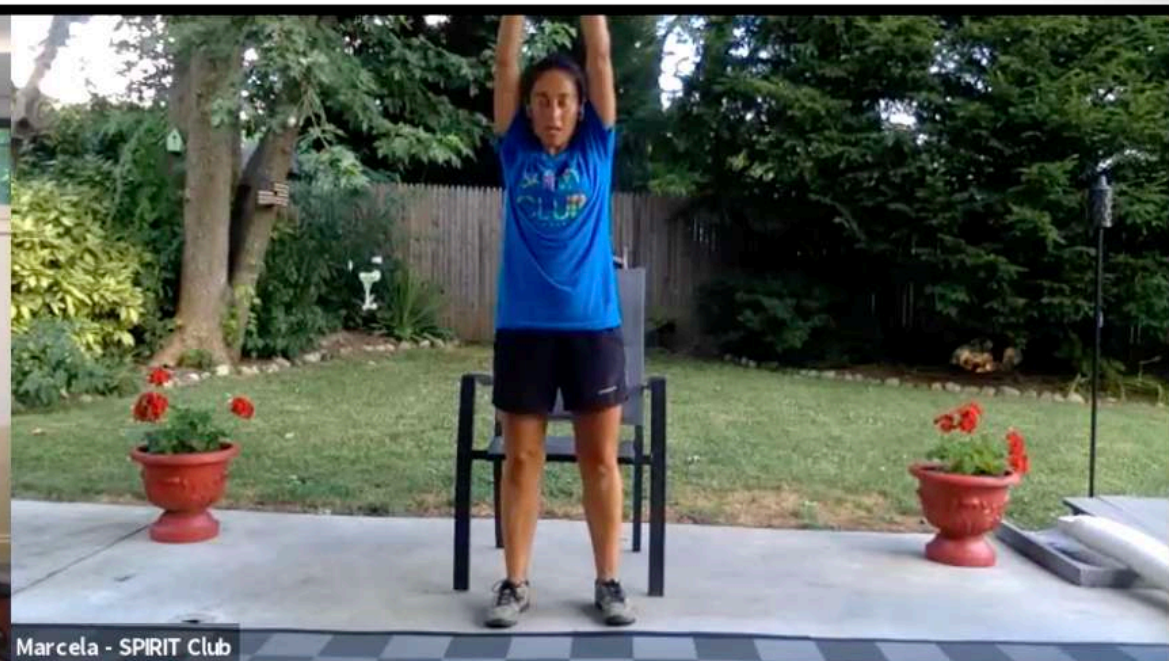
Tricia - SPIRIT Club



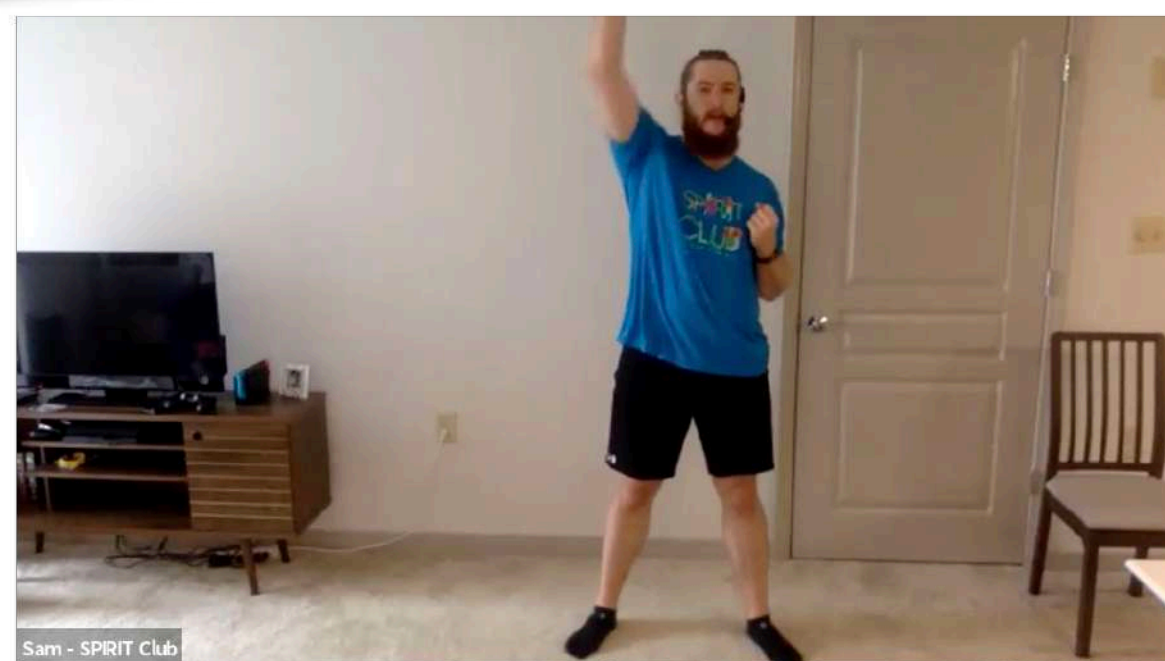
Marcela - SPIRIT Club



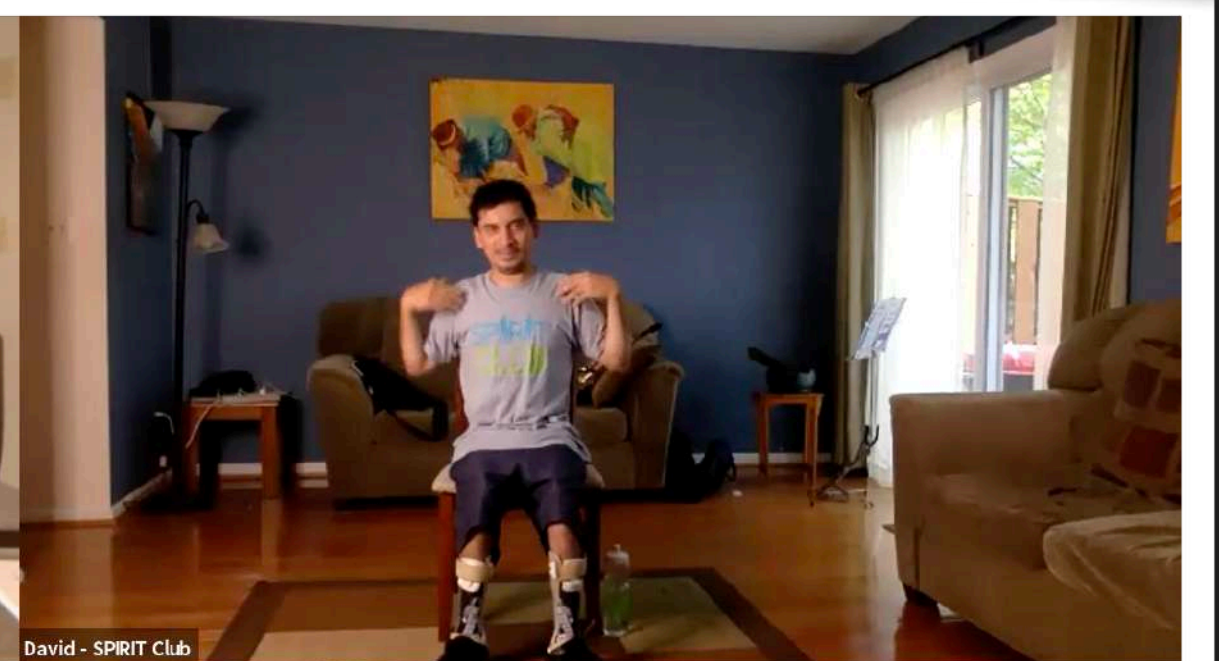
Jared - SPIRIT Club



Marcela - SPIRIT Club



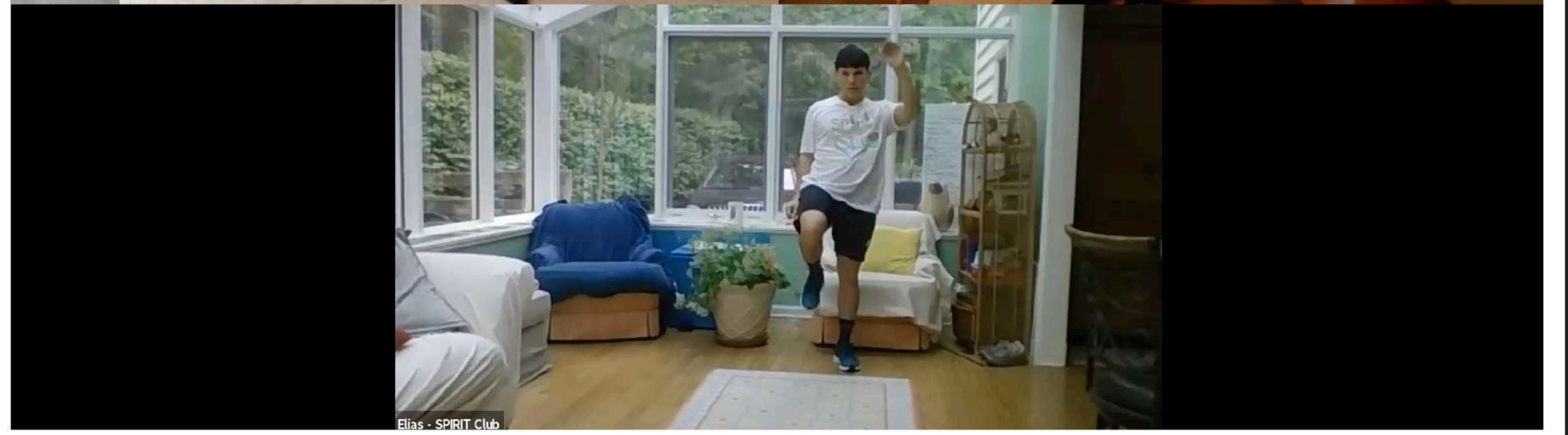
Sam - SPIRIT Club



David - SPIRIT Club



David - SPIRIT Club



Elias - SPIRIT Club



HEAR FROM

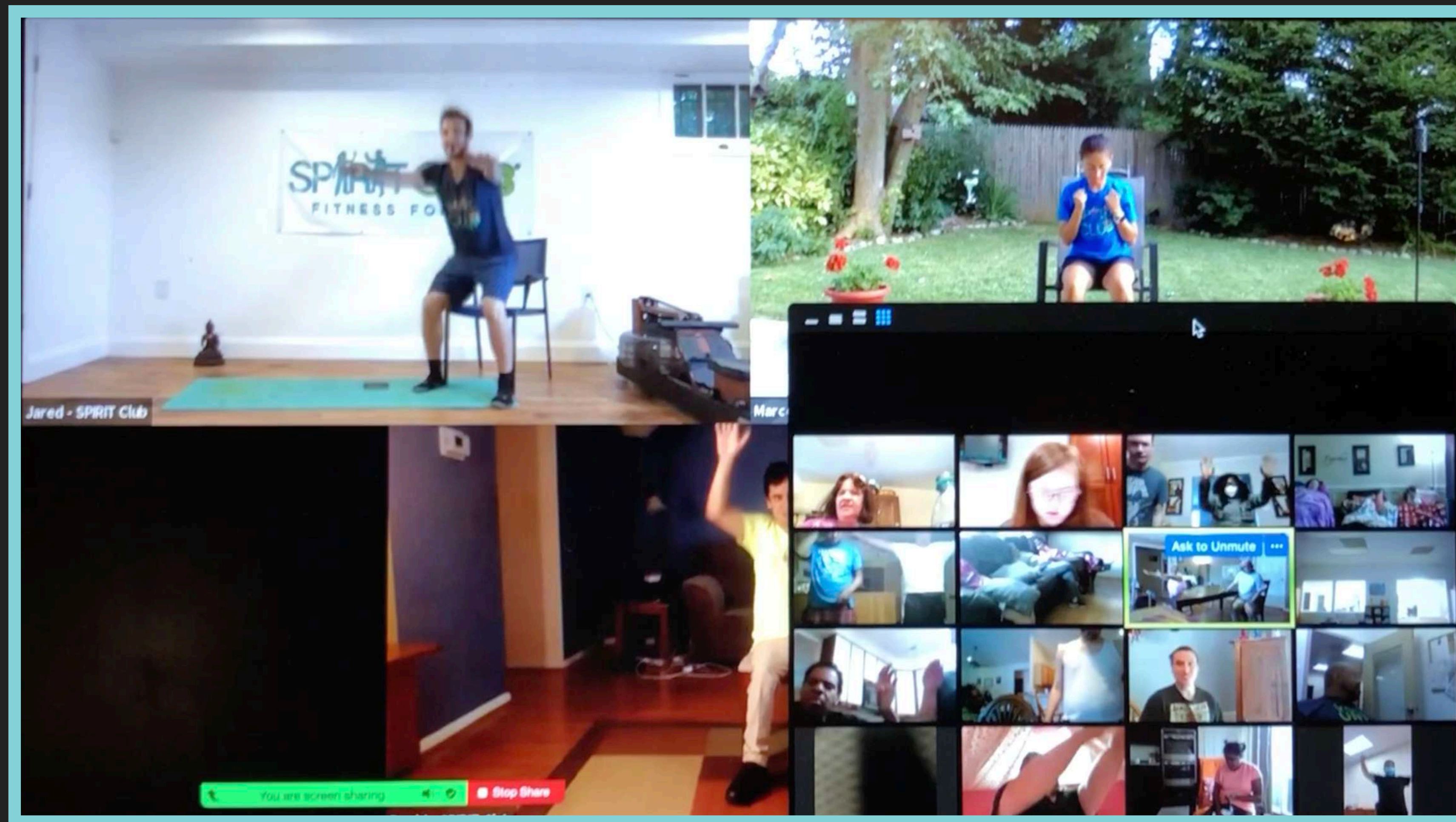
DAVID GODDOY

SELF ADVOCATE
FITNESS DEMONSTRATOR

AGENCY UTILIZATION

1. DIRECT ACCESS FOR PARTICIPANTS & STAFF TO JOIN SPIRIT CLUB CLASSES

2. SCHEDULED "WATCH PARTIES" WHERE PARTICIPANTS AND STAFF PARTICIPATE AS A GROUP





AGENCY PARTNERS & TESTIMONIALS

Agency	State
SCARC	NJ
The Arc of Haywood County	NC
The Arc of High Point	NC
Transition Centers	MA
Lifeworks, Inc.	MA
The Arc of San Antonio	TX
Triform	NY
EDCJCC	DC
Karina Association, Inc.	MD
Bay Community Support Services	MD
Arc of Northern Chesapeake Region	MD
Jubilee	MD
Arc of Southern Maryland	MD
Davis Family Partnership	VA
The Arc Pikes Peak Region	CO
Turning Point	MA
Guthrie Mainstream	AZ

“We have been using and LOVING Spirit Club on demand! We have been incorporating them into our daily schedules, trying out new classes, and even using it in our own homes.”

Lisa Donovan
Lifeworks, Inc.

“We had an excellent week and as we continued the practice each of us became better at the exercises. We were thrilled with our experience as were our participants and their family.”

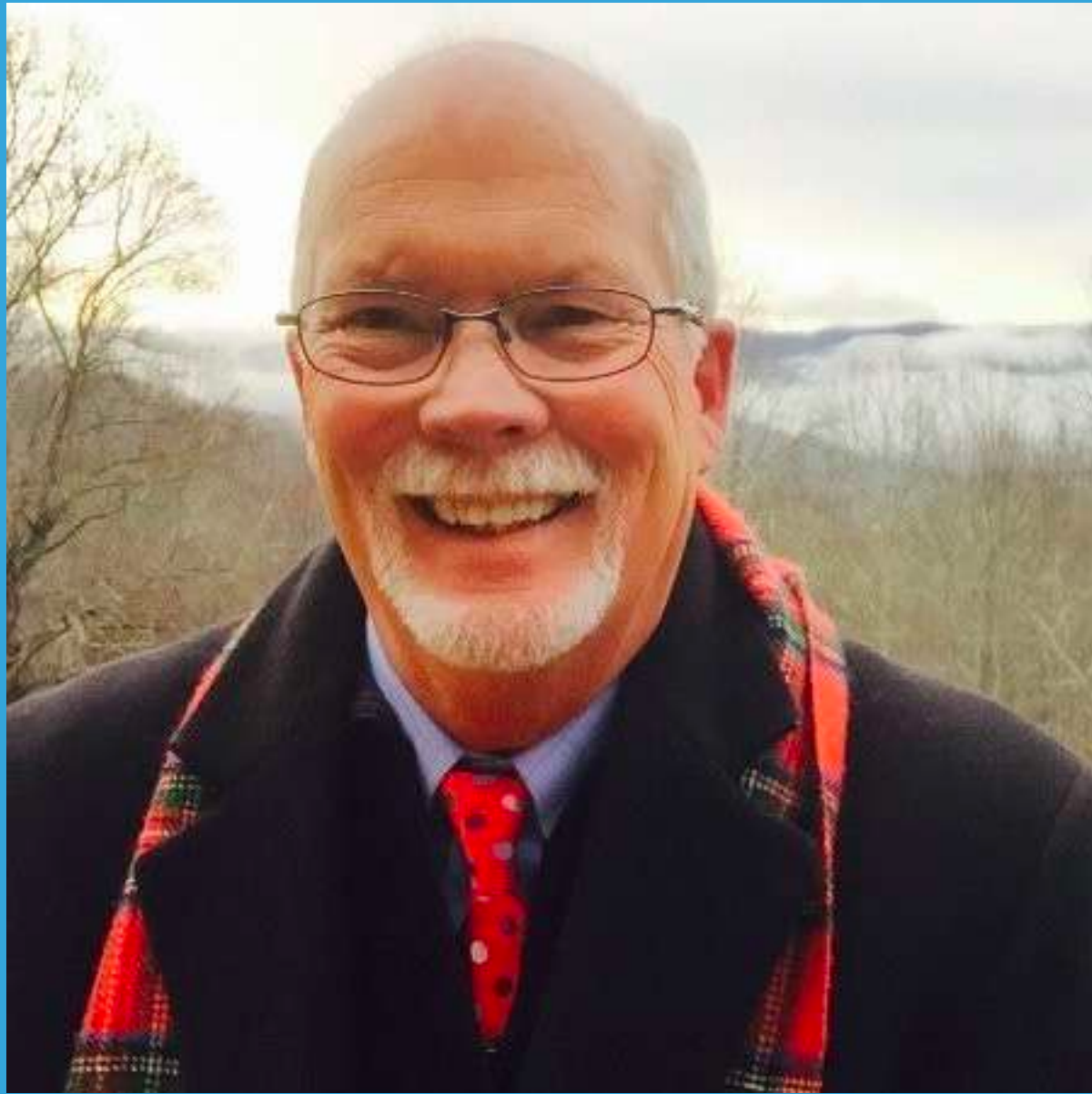
Sam Baker
The Arc of High Point

WE LOVE SPIRIT

I just wanted to reach out and share a photo and a quote from one of the SCARC participants! This participant, in the attached photo, said during a session of SPIRIT yesterday, that he is “Doing things he never thought he could do before!” We are so proud of his progress and thought you would enjoy hearing about the positive impact that your inclusive fitness program is having on SCARC participants. Thank you to you and your team for all of the work that you do.

Brooke A. Ulikowski, BSW
Program Supervisor
SCARC, INC.

HEAR FROM



STEVE BROWN
EXECUTIVE DIRECTOR AT
THE ARC OF HAYWOOD COUNTY

SPIRIT CLUB FOUNDATION – INCREASING ACCESS

- ▶ PROVIDING PROGRAM GRANTS TO AGENCY PARTNERS INTERESTED IN UTILIZING SPIRIT CLUB PROGRAMMING
- ▶ PROVIDING TECHNOLOGICAL SUPPORT TO INDIVIDUAL AND HOMES, SUCH AS TABLETS & HDMI CORDS
- ▶ PROVIDING SCHOLARSHIPS TO INDIVIDUALS FOR PERSONAL OR PARTNER TRAINING

HOW YOU CAN GET STARTED

- ▶ SCHEDULE A FREE DEMO CLASS FOR YOUR AGENCY!
- ▶ EMAIL: JOIN@SPIRIT-CLUB.COM

MORE RESOURCES

- ▶ SPIRIT CLUB WEBSITE: WWW.SPIRITCLUB.COM
- ▶ FITNESS CLASS PREVIEW SHOWCASING THE MULTI-TRAINER MODEL: [HTTPS://VIMEO.COM/411439092](https://vimeo.com/411439092)
- ▶ SEE WHAT IT'S LIKE TO BE A MEMBER WORKING OUT FROM HOME: [HTTPS://VIMEO.COM/422992743](https://vimeo.com/422992743)
- ▶ SPIRIT CLUB CONTACT INFO:
 - ▶ JOIN@SPIRIT-CLB.COM
 - ▶ 301.933.3722
 - ▶ JARED'S EMAIL: JARED@SPIRIT-CLUB.COM



THANK YOU!