Universally Designed Virtual Fitness Classes

Age Requirements No Age Requirement Available 24/7 No Intake Contact Email join@spirit-club.com Intake Process Visit the website to join the classes. Call or email for more information. Intake Contact Telephone (301) 933-3722 Provider Refer Yes **Report Problems** Call the Agency Send an Email Self Refer Yes SPIRIT Club https://virtual.spiritclub.com/ https://www.facebook.com/SPIRITClubFitness/ Main (301) 933-3722 10417 Kensington Parkway 20895 MD **United States** Fee Structure Fee Range , **Membership Fee** Payment Method(s) Credit / Debit Languages Spoken

English

The virtual SPIRIT Club platform offers classes led by multiple instructors on screen together, teaching at different levels, so individuals can participate successfully at any ability level. Classes are universally designed so individuals of all abilities can participate in a socially integrated setting. Classes are priced at <u>multiple</u> <u>membership levels</u> to create financially accessible fitness opportunities. An on-demand library of classes and live classes are available. Fitness activities include:

- Yoga,
- Fitness classes,
- Zumba,
- Boxing,
- Themed workouts.
- Dance,
- Mindfulness,
- Nutrition,
- Self-advocate led classes.

Service Area(s) Statewide Email join@spirit-club.com