

# LIVE & ON-DEMAND VIRTUAL FITNESS CLASSES FOR ALL



BY LAUREN AGORATUS, M.A.

## AN INNOVATIVE APPROACH TO FITNESS

COVID-19 has affected how people, including individuals with disabilities, can stay fit during the pandemic. During the pandemic, Spirit Club, a fitness club for people of all abilities, went virtual so everyone could stay well. Spirit Club has both live and on-demand classes. Classes are about an hour, and live classes are limited to 12 participants. These include personal training, as well as group classes. They offer a single-trainer view or multiple views, which adapts the activities.

## VARIETY IS KEY

Classes change weekly. Besides offering both live and on-demand classes, Spirit Club offers various wellness activities. These include:

- Boxing • General Fitness Workouts • Zumba • Balance
- High Intensity Interval Training • Strength Building • Yoga

## OTHER ACTIVITIES

Wellness activities also include meditation besides yoga. Weekly health cooking recipes are offered. Special themes include workouts led by self-advocate and seven-time marathon runner Sam Smith. Classes are also offered in Spanish. Lastly, shorter classes of 30 minutes or less are offered to build up to the one-hour classes.

## A CHAT WITH A PARTICIPANT

Going to the source, we asked a Spirit Club Participant for their thoughts:

**Q: What do you think about Spirit Club?**

**A:** It's a lot of fun!

**Q: What do you like about it?**

**A:** I like the exercises and different kinds.

**Q: Is it easy to do? Why or why not?**

**A:** Yes, because it's just like I do activities at my day program.

## HOW TO JOIN & OTHER OPTIONS

Besides private pay, many organizations such as schools, faith-based, or disability specific have collaborated with Spirit Club to make it free to the population they serve. Although the pandemic closed gyms and brought fitness to a halt, Spirit Club offers a way for individuals with disabilities to stay well. Their motto is "Fitness for All"!

Another option that's free, once schools reopen, is Special Olympics. Special Olympics has sports teams and fitness facilities and offers Unified Sports with typical peers in schools. •

## ABOUT THE AUTHOR:

Lauren Agoratus, M.A. is a parent of a medically-complex young adult and serves as the Coordinator for Family Voices-NJ and as the regional coordinator in her state's Family-to-Family Health Information Center, both housed at SPAN Parent Advocacy Network (SPAN) at [www.spanadvocacy.org](http://www.spanadvocacy.org)

## THAT'S THE SPIRIT : VIRTUAL FITNESS RESOURCES



**SPIRIT CLUB**

[www.spirit-club.com](http://www.spirit-club.com)

Information for Organizations

[www.spirit-club.com/organizations](http://www.spirit-club.com/organizations)



**SPECIAL OLYMPICS UNIFIED SPORTS**

[www.specialolympics.org/our-work/sports/unified-sports](http://www.specialolympics.org/our-work/sports/unified-sports)

**SPIRIT MOVES YOU:** A multi-trainer view of a Spirit Club class

