YES!
YOUTH FITNESS + SPORTS PERFORMANCE

# CRUSADERS CLASS

- YES! Fitness has a class especially for anyone with Developmental and Intellectual Disabilities!
- We start with an assessment and a sit-down with the parents to ensure we have all knowledge on their medical and physical background.
- Our classes involve a variety of drills that involve fitness basics, balance, flexibility, motor skills, strength, and endurance. We also work on movement skills through speed and agility training.

YES! Crusaders Class is currently offered on:
Monday and Wednesday: 3:30pm or 6:30pm
Come try out a class for free!

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