

# F.I.T. TOGETHER AT THE YMCA



## FITNESS INDEPENDENCE TRAINING CO-ED AGES 16 - 30 YEARS

F.I.T is a small group step aerobics exercise class specifically designed to improve the fitness, coordination, socialization, self-confidence and independence of young adults affected by Autism Spectrum Disorder (ASD). Volunteer peer mentors will support and encourage participants

F.I.T. is for people with ASD who have sufficient communication and self-help skills to independently participate. It is not appropriate for individuals with significant behavioral and sensory challenges.

F.I.T Together at the YMCA is a national model program developed in 2009 with The Daniel Jordan Fiddle Foundation that provides fitness independence training.

## Winter 2012 Session F.I.T. Together at the YMCA

Step Aerobics Class

January 7- February 26  
Mondays 6:00-7:00pm  
Fridays 6:30-7:30pm

8 Week Fee: \$120 with any YMCA Membership

Financial assistance is  
available for qualified families

All participants must  
complete an application and will  
be invited to join as space permits.

For program application  
contact Julie Gallanty at  
(201) 444-5600 ext 332 or visit  
[www.ridgewoodymca.org/fit-together](http://www.ridgewoodymca.org/fit-together)



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