

ADAPTIVE FITNESS SERVICES

Inclusive, Personalized, and Accessible Fitness for Every Ability



GYMGUYZ brings certified personal trainers directly to the home or community, making fitness accessible for individuals of all abilities. Our Adaptive Fitness Programs are tailored to developmental, intellectual, and physical needs, focusing on:

- Strength and mobility
- Daily living skills
- Independence and confidence
- Overall wellness

SERVICE OPTIONS

- In-Home Adaptive Training
- Community-Based Sessions
- Wellness Coaching (habits, routines, nutrition guidance)

FUNDING ALIGNMENT

Our services can often be approved under:

- Health & Wellness
- Community Inclusion
- Skill Building & Independence
- Recreation & Social Development

Each state's FI Coordinator can confirm specific funding category alignment.

WHY CHOOSE GYMGUYZ?



SPECIAL STRONG CERTIFIED TRAINERS experienced in working with individuals with special needs



Fully **INSURED, BACKGROUND-CHECKED, AND DRUG-SCREENED** staff



ONE-ON-ONE OR SMALL GROUP training available



We provide all equipment and **BRING FITNESS DIRECTLY TO THE PARTICIPANT** – removing transportation barriers



Programs aligned with **INDIVIDUALIZED SUPPORT PLANS (ISPS)** and are often eligible for state funding/approval

GYMGUYZ
#1 IN HOME PERSONAL TRAINING®

To learn more or to approve services for your participant, visit:

www.gymguyz.com/enhanced-services

Or Contact: 855-GYMGUYZ • www.gymguyz.com