



**A LIFE-CHANGING FITNESS  
COMMUNITY BUILT ON LOVE**  
BLOOMFITNESS.ORG

Bloom Fitness is more than just a fitness program for individuals with intellectual and developmental disabilities. It's a vibrant community built on **authentic connection**, creating a sense of **pride**, **love**, and **belonging** to motivate individuals to show up to exercise consistently.



of Bloom athletes feel healthier because of their participation in Bloom.



of Bloom athletes feel less lonely because of Bloom.

# WE LEAD WITH HEART EVERY DAY



Weights



Yoga



Pilates



Dance



Cycle



Chair  
Fitness

While fitness is the avenue, our main goal is to create a **genuine emotional connection** with each athlete.



Experience class in 3 formats: **In-person, on-demand**, or through **Bloom Live!** online offerings. Each class is 30 minutes long and is highly adaptable to meet the unique needs of every athlete.

The **Bloom Fitness App** gives Bloom athletes access to fitness classes anytime, anywhere. It allows Bloom to track athlete attendance and honor their progress through our goal system.

**BLOOM WITH US,  
ATTEND A CLASS TODAY!  
WWW.BLOOMFITNESS.ORG**

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