



MOVE

by GoodLife Kids



MOVE by Goodlife Kids is a **free** physical activity and fitness program for youth ages 12 to 21 with autism and intellectual disabilities.

MOVE Try-it Classes

Try-It Classes are a great way to experience the MOVE Program first hand. All you need to bring is a positive attitude! These classes run every third Tuesday of the month over ZOOM.

What do classes typically look like?

- Welcome, Talk Topics and Warm-up
- Exercise Circuits with games, dance breaks and lots of fun!
- Cooldown and goodbyes



Classes Are Offered



Virtually

&



In-Person

Who leads a MOVE class?

Each MOVE Class is led by MOVE Coaches: fitness professionals trained in delivering physical activity and fitness programs for individuals with autism and intellectual disabilities. MOVE Coaches learn and incorporate what each participant enjoys. In virtual classes, MOVE Coaches are accompanied by MOVE Support Agents who assist with playing music, managing visual aids, and much more!

How to register:

Go to GoodlifeKids.com/MOVE to register for the MOVE by Goodlife Kids Program today!

