

## Universally Designed Virtual Fitness Classes

Age Requirements

No Age Requirement

Available 24/7

No

Intake Contact Email

join@spirit-club.com

Intake Process

Visit the website to join the classes. Call or email for more information.

Intake Contact Telephone

(301) 933-3722

Provider Refer

Yes

Report Problems

Call the Agency

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Send an Email

Self Refer

Yes

SPIRIT Club

<https://virtual.spiritclub.com/>

<https://www.facebook.com/SPIRITClubFitness/>

Main

(301) 933-3722

10417 Kensington Parkway

20895 MD

United States

Fee Structure

Fee Range

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Membership Fee

Payment Method(s)

Credit / Debit

Languages Spoken

## English

The virtual SPIRIT Club platform offers classes led by multiple instructors on screen together, teaching at different levels, so individuals can participate successfully at any ability level. Classes are universally designed so individuals of all abilities can participate in a socially integrated setting. Classes are priced at [multiple membership levels](#) to create financially accessible fitness opportunities. An on-demand library of classes and live classes are available. Fitness activities include:

- Yoga,
- Fitness classes,
- Zumba,
- Boxing,
- Themed workouts.
- Dance,
- Mindfulness,
- Nutrition,
- Self-advocate led classes.

Service Area(s)

Statewide

Email

[join@spirit-club.com](mailto:join@spirit-club.com)