

Special Olympics Gaston County



**New Fitness Opportunity
August 21, 2020**

**Want to join in on a fun in-person fitness
opportunity this fall?**



RyzAb0ve Fitness is coming to Gaston County!

This will be a 5-week fitness class offered to athletes starting September 15th.



RyzABOVE Fitness strives to motivate and engage fitness in the special-needs community.

Class includes warm-up/icebreaker, fun/games, and general fitness. Working on strength, agility, coordination, balance and teamwork.



ATHLETE FITNESS CLASSES

- WHEN:** Tuesdays, 6:30 PM – 7:30 PM
September 15, 22nd, 29th; October 6, 13th
- WHERE:** Warlick Family YMCA
2221 Robinwood Road, Gastonia, NC 28054
- COST:** Participation is **FREE** but you must register and attend all classes. Space is limited.
- REGISTRATION:** https://docs.google.com/forms/d/e/1FAIpQLSfGhlln6Tc-BZCndJK-a6Pq_2FS5XxtqVeBu9QEcg9TAT8YwA/viewform?usp=sf_link
- BRING:** Please bring a water bottle, sweat towel, yoga mat, face mask

This program is being sponsored by:



Athletes can register at:

https://calendar.google.com/calendar/embed?src=gtl7e7lkf8u7sp72jp23e0m8mq%40group.calendar.google.com&ctz=America%2FNew_York

Please make sure to register for each week to ensure your spot in each class.

Spots are limited so please register sooner rather than later.

**More information about RyzAb0ve Fitness can be found
at <https://www.facebook.com/RyzAb0ve/>**

**Check out these awesome videos showcasing what RyzAb0ve
Fitness is all about:**

<https://youtu.be/kND-II2qlwY>

<https://www.youtube.com/watch?v=LoQut0l8eeM>

<https://youtu.be/pDA3Xwffpz0>

<https://youtu.be/ahA6hszrcy0>
