



How to Make Inclusive Fitness a Part of Your Services

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AGENDA

1 Why SPIRIT Club Exists

2 A Universal Design for Fitness

3 Bringing Staff In

4 Paths to Employment

5 Making Fitness Part of Your Services

2013

Why SPIRIT Club Exists

Support counselor by day. Fitness trainer by night. The people I supported had fitness goals — and almost nothing built to help them get there.



What Is Universal Design?

Rather than creating fitness programs for any one specific population, our goal is to create and offer universally designed fitness programs that are fully accessible and supportive, allowing as many people as possible to participate and succeed.

Fully Accessible

Nobody has to ask for a special version of the class.

Supportive

Every movement has a level that fits the person doing it.

Built to Succeed In

As many people as possible participating – and progressing.

Clearing the Ramp Clears the Path for Everyone

Design the program for the person with
the greatest need, and everyone else gets
in faster too.

INSPIRED BY A PUBLIC SCHOOL STUDENT WITH DISABILITIES



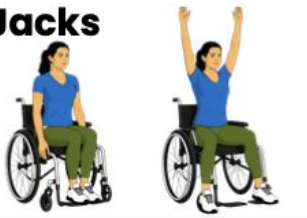
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CLEARING A PATH
FOR PEOPLE WITH SPECIAL NEEDS
CLEARS THE PATH FOR EVERYONE!

Every Exercise, Three Ways

Baseline, progression, and seated – called out in the same class, at the same time.

Everyone follows along successfully. Nobody sits out, and nobody is bored.

	Baseline	Progression	Seated
①	Chair squats 	Chair squats + overhead press 	Reaching up & down 
②	Sandbell Slams 	Sandbell Slams 	Sandbell Slams 
③	Knee to opposite elbow (isolated sides) 	Knee to opposite elbow (alternating) 	Knee to opposite elbow 
④	Deadlift 	Deadlift + Upright Row 	Seated Deadlift 
⑤	Step Jacks 	Jumping Jacks 	Seated Jacks 
⑥	Ladder climbs 	Fast Ladder Climbs 	Seated Ladder Climbs 
⑦	Chair plank 	Floor plank 	Seated Plank 
⑧	Diagonal wood chops 	Woodchops with Sandbell 	Seated Chops 

Fitness Goals Are Independence Goals

Getting stronger changes what a person can do, and how they feel doing it.

Mobility

More capable of moving our bodies, and moving through the world

Stamina

Endurance to get through day-to-day activities without running out

Connection

More socially connected and comfortable in interactive settings

Confidence

More sure of ourselves, and more successful in day-to-day life

A PARTICIPANT STORY

Michael

256 lbs → 174 lbs

Consistent training, adapted to him — and a whole set of things he can now do on his own.

256 lbs



174lbs



SPRIT CLUB
FITNESS FOR ALL

You Don't Have to Build It Yourself

Most of what you need is already running nearby.

Where to Look

Community centers, adaptive gyms, virtual programs, Parks & Rec partners.

What to Ask

Trainer background, how they adapt, group size, accessibility of the space.

How to Start

One site, one weekly session, one staff champion. Expand from what works.

How SPIRIT Club Partners With Organizations



activities, smiles, and high fives,
leaving

What Organizations Report Back

“I thought I would be encouraging them by leading by example. I have to say though that they are leading and I am following! I have lost 9 lbs. Taking that time with the group has become the best part of my day.”

Luann — SCARC

“A participant said during a session that he is doing things he never thought he could do before. We are so proud of his progress.”

Brooke A. Ulikowski, BSW — Program Supervisor, SCARC

“Every employee stopped me and commented how much everybody loved it. I asked ‘even the employees?’ and they said ‘yes.’ Then they asked me to stay and do a workout with them, so I did.”

Marsie Schneider — Options

“We had about 20 people attend and every one participated. My son is in a wheelchair and was able to do the sitting exercises quite well. This is an amazing resource for our families.”

Tracie Warren — The Arc of King County

“We were desperately looking for some type of physical activity... most of them are doing it 2–3 times a week. Our guys have certainly enjoyed being a part of SPIRIT Club.”

Steve Brown — Executive Director, The Arc of Haywood County

“Our clients’ ages range from 33 to 66 and there has been something for each of them to enjoy and participate in. They are more motivated by seeing others and knowing they can do things at a different level.”

Carol A. Holt — Community Support Program Manager, ComWell



Staff Train Too, Not Just Supervise

A benefit staff actually use, at no added cost to them.

Shared effort changes the relationship on both sides.

Fewer people sitting out, so sessions stay full.

EVERYONE UP

Let's Try One Together

One movement, three levels — the same session, adapted in real time.



From Participant to Employee

Fitness is one of the few settings where a participant can become the leader.

Attend

Show up consistently, build stamina and routine

Lead

Co-teach a class, mentor newer participants

Assist

Set up equipment, greet members, run warm-ups

Get Hired

Paid roles in fitness, recreation, and peer support



How We Work With Organizations

We come to you — in person, virtually, or both.

Community Fitness

Members come out to our fully inclusive, adaptive gym that just opened in Denver.

At Your Location

Trainers run sessions at your day program or residence — no transportation to solve.

Virtual

Live classes several times a day, so people can join from anywhere.

OPEN THIS MONTH

Our New Denver Gym

1900 South Quince Street, Denver

Group classes and personal training in a high-quality fitness setting built for every ability. Come tour it — bring your team.



Financial Accessibility

Two funding paths we help organizations put together.

Mill Levy Scholarships

We work directly with local case management agencies to open mill levy funds for fitness.

Fitness for All Foundation

Our nonprofit partner raises money for scholarships and grants — for individuals and organizations alike.

OUR NONPROFIT PARTNER

Fitness for All Foundation

Scholarships and grants that follow the person, not the provider.

Use them for SPIRIT Club — or for the gym, pool, or dance class someone actually wants to join.



Tell Us About Your Organization

Two minutes now, and we'll follow up with options that fit your sites, your funding, and the people you support.

[SPIRIT-Club.com](https://spirit-club.com)

CLICK HERE:

form.jotform.com/252403949756164



Scan to get started

What type of services do you provide?

Questions

What's the first thing that would get in your way? Let's get past it.

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