



*You are cordially invited to join us for a free tour of the facilities of the Blacksburg Health and Fitness at the Weight Club.*



**Contact Information:**

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*At  
Blacksburg Health and  
Fitness at the Weight Club*

## FAQs About the Spotter's Program

- **What is the Spotter's Program?**

*It is a workout program designed for people with special needs, in which they can workout with other participants with special needs to make the gym a more comfortable and friendly place to exercise.*

- **Who is eligible?**

*People who have intellectual disabilities; a cognitive delay, or a developmental disability, that is, functional limitations in both general learning and adaptive skills.*

- **What kind of training do the people who are instructing have? Qualifications?**

*Although our staff is trained to give direction on technique, they are not trained or certified in the care and training of those with special needs. Therefore, a participant in the Spotter's Program is required to have an aide, parent/guardian with them while they train to ensure their safety.*

- **What activities do they participate in?**

*Everything in the gym is available to them. They can use the free weights, the machines. There is also an aerobics class specifically designed for those with special needs taught by an incredible trainer.*

- **How much does it cost?**

*The cost of membership to participants in the Spotter's Program is \$3 per week.*

- **Are there specific times they must come to the gym?**

*The best times for members of the Spotter's Program to meet are from INSERT to INSERT, and from INSERT to INSERT. The class is held at this time INSERT.*

## Spotter's Program History

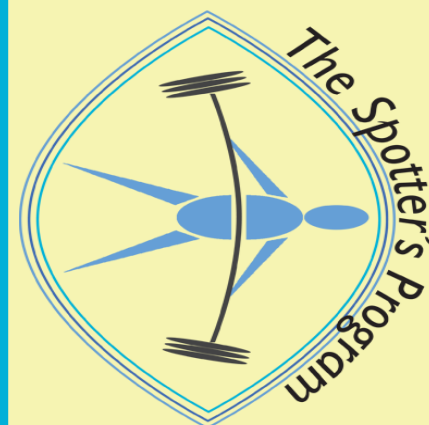


The Spotter's Program began as an informal group of Special Needs Community Members who wanted to work out to improve their quality of life and overall physical strength. This core group of Special Needs members met up to

three times a week and worked out together. As the weeks went on, their physical strength grew as well as their friendships did. After seeing the success of this group, The Weight Club decided to formalize the program in order to encourage other Special Needs Community members to get involved.

The Spotter's Program encourages an understanding and community feel for those with special needs. At this time, the Special Olympics and the New River Community Services are partners with us.

For more specific details, please contact Blacksburg Health and Fitness at the Weight Club.



Please present this invitation upon entering Blacksburg Health and Fitness at the Weight Club.

For an appointment or more information, please contact us at 540-951-2949 or visit us at

University Mall

Blacksburg, VA 24060

[www.theweightclub.com](http://www.theweightclub.com)