



A life-changing fitness community built on love.

Bloom is a fitness program specifically designed to motivate adults with intellectual and developmental disabilities to engage in a lifetime of fitness and community.

Our holistic wellness classes are in-person, on-demand and through our Bloom Live! online offering. Each class is 30 minutes long and is highly adaptable to meet the unique needs of each and every athlete.

CLASS TYPES INCLUDE:

- CHAIR FITNESS
- DANCE
- STRENGTH
- INDOOR CYCLE
- PILATES
- YOGA

“I love Bloom! It makes me happy!”



COURTNEY
BLOOM ATHLETE



BELONGING.
PRIDE. LOVE.



JOIN OUR GROWING COMMUNITY TODAY. [BLOOMFITNESS.ORG](https://bloomfitness.org)

Volunteer

210-884-3608

Attend Classes

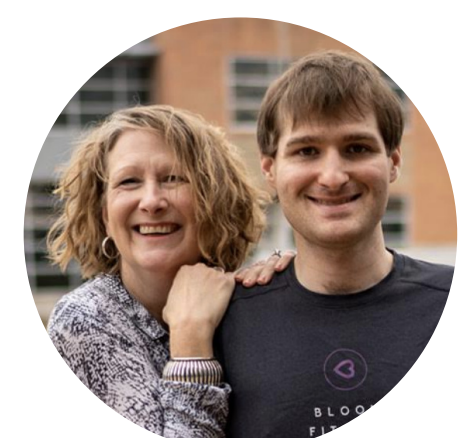
info@bloomcommunity.com

Donate

BloomFitness.org



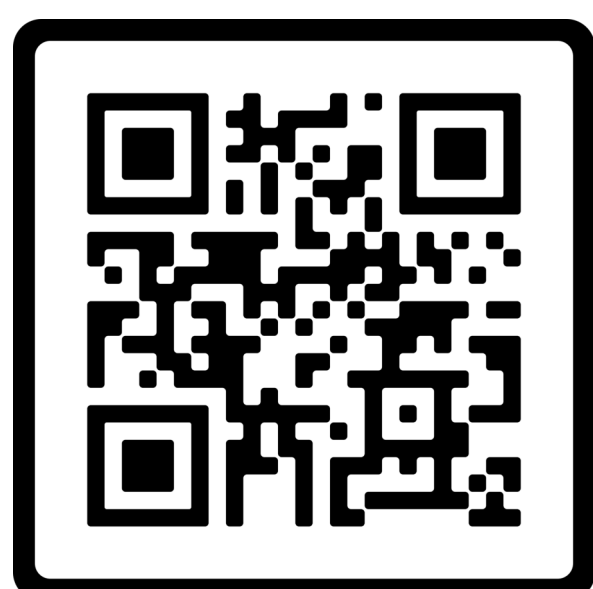
“ The enjoyment from participating in Bloom classes can’t be denied. While traveling, Drew has been observed putting on his Bloom clothes, finding a quiet spot, and joining Bloom classes remotely. He never wants to miss a class and Bloom’s many formats allow for easy participation...wherever we are. Bloom has empowered him to choose and self-advocate for a lifetime of wellness.”



KAREN
PARENT OF ATHLETE

 **Bloom Live!**

Learn more about our fitness program:



A community built around belonging, pride, and love.

Bloom offers an inviting and safe environment to exercise, learn about healthy lifestyle choices, and have fun with friends. For a population that is often isolated and experiencing mental stress, Bloom leads each athlete to a lifetime of mental AND physical wellbeing.



AT BLOOM,
EVERYONE IS
AN ATHLETE

Join our life-changing community.



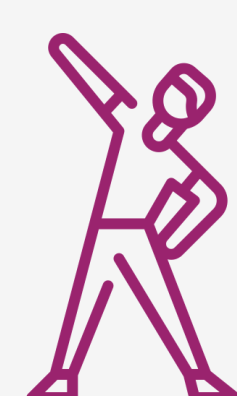
Yoga



Pilates



Strength



Dance



Indoor Cycle



Chair Fitness

TRY OUT OR CONTRIBUTE TO A CLASS TODAY. [BLOOMFITNESS.ORG](https://bloomfitness.org)