

Socialize and Sweat with



Looking for a new way to socialize, improve wellness, and have fun? Then ARCH's "Socialize and Sweat" program with Zumba fitness™ is for you!

Designed for boys and girls ages 10 and up **and parents**, this opportunity seeks to improve health through a fun, easy to follow, exercise class set to music. The class will be taught by Miss Virginia, a licensed Zumba™ instructor and trained therapist to children and adolescents on the Autism spectrum.

Zumba fitness™ offers a fun, musically driven exercise class aimed at strengthening fitness, body awareness, modeling skills, and coordination. **NO** previous dance experience necessary! This is about moving your body and socializing with peers.

Class will be held at ARCH of LV **Monday evenings 6:30-7:15**. Class is open to individuals on the Autism Spectrum ages 10 and up and their parents. It's a fantastic way to get exercise and engage in a fun activity with your child! Those who may require assistance to participate are welcome to bring a TSS, aide, etc who may participate free of charge. (See back side for more detailed information about expectations, necessary skills, etc).

If interested, please fill out and return the attached sign-up sheet. Participants are required to sign up ahead of time and pay weekly as they attend. Cost is \$5.00 per class.

Zumba fitness™ is a Latin-inspired, dance-fitness class integrating basic principles of aerobic training. Zumba fitness™ offers a fun, musically driven exercise class built to strengthen fitness, body awareness, and coordination. NO previous dance experience necessary!

This class will be taught by Virginia Herzog, licensed Zumba™ instructor and Outpatient Therapist for ARCH. Combining fitness with therapeutic techniques and knowledge of the ASD population will create a tailored exercise program to meet participant's needs.

Participants will follow the instructor by modeling basic body movements. Verbal direction as well as gestural cues will be incorporated as the participants move through the class. Class will be 45 minutes long, starting with a warm up of 1-2 songs, followed by a variety of pop and international rhythms, and ending with a cool down of 1-2 songs to bring heart rate down. The instructor will incorporate discussion on instructions for class, fitness, and nutrition before and after each session.

The benefits Zumba fitness™ can provide include strengthening modeling behavior, reading verbal and non-verbal cues, and increasing body awareness and improving overall coordination. Choreography will be made up of 2-3 basic movements repeated throughout the music for each song. Basic, reoccurring movements will be practiced and modeled before and after sessions as well to increase success.

Zumba fitness™ is appropriate for male and female participants ages 10 and up. Participants must be able to follow basic rules (i.e. staying within the room, following instructions). Receptive language skills must be strong enough to follow basic verbal directions (i.e. move side to side, arms up, etc.), although gestural and non-verbal cues will be used simultaneously.

Participating in Zumba fitness™ comes with risks, as with any exercise program. There is also the risk of participants bumping into one another during the routines, so participants must be able to tolerate physical closeness to others. Loud music will be utilized during the classes, so tolerance of a variety of music is essential. Participants must be able to engage in physical activity with minimal need of support, although support, such as a parent/TSS, is welcome to assist.

The goal of this class is not for participants to get the moves right during songs. However, the goal is to get participants to move their bodies while increasing stamina and heart health, increase coordination and body awareness, and HAVE FUN! It is designed to be easy, effective, and good for both the mind and body.

I would like to sign up for “Socialize and Sweat” with Miss Virginia.

Cost is **\$5 per class**

ARCH accepts Cash or Check (Made out to “Elwyn”)

Child’s Name: _____

Parent’s Name: _____

Phone Number: _____