

DOES YOUR SPECIAL NEEDS CHILD NEED MORE EXERCISE?

A one of a kind “Real Gym” for kids of all ages and abilities with cardio and strength training equipment specially sized for children and small adults. Great for low muscle tone, endurance, flexibility, weight maintenance and self confidence.

One on One Training, Semi-private and Small Groups

Children with Autism, CP, Downs Syndrome, ADD, ADHD

We'll collaborate with your children's therapist(s) to develop individual training program.

ACE Certified Trainer
CPR Certified
American Alliance for KidSafe

For more information call Kim
203-355-9395

www.breakthrufamilyfitness.com
48 Union Street, Stamford, CT 06906

BreakThru
Family Fit 4 Life