

NEW CLASS: SUPERSTARS

SPECIALIZED FOR CHILDREN WITH EXCEPTIONAL ABILITIES

This is a My Gym Adaptive exercise class for children with exceptional needs. It is similar to a traditional My Gym fitness class, but modified to support children with a wide range of Exceptional abilities.

The class uses visual supports, modified language, and physical prompting in order to get the best performance from each participant. This class encourages parent/adult support for each child.



Contact us for your
FREE guest class!

(949)218-1091

mygymsoc@gmail.com

[mygym.southoc](https://www.instagram.com/mygym.southoc)

MONDAY 4:00 - 5:00

WEDNESDAY 4:00 - 5:00

Open to children ages 2.8 - 6 yrs old



1701 Corporate Dr Ste. C-1 Ladera Ranch, CA 92694