

# EVERY BODY ATHLETICS



The mission of Every Body Athletics is to make a **lasting impact** on the **physical, social, and emotional wellbeing** of adults with intellectual and developmental disabilities through **inclusive group exercise.**

EVERY BODY  
ATHLETICS





## Who?

Adults (ages 21+) with intellectual and developmental disabilities.

## When and Where?

Weekly classes in Hillsboro, Beaverton, Tigard, Lake Oswego, West Linn, Portland, and on Zoom! Classes are offered during afternoon/evenings, with some daytime classes throughout the week.

## How?

Visit [www.everybodyathletics.com](http://www.everybodyathletics.com) to learn more and register!

