

Warrior Class, Ages 5-11 is an ongoing fitness opportunity designed specifically for individuals with Down syndrome. The workout combines fun games and activities with an emphasis on cardiovascular, core, and strength training in a structured environment. Buddy volunteers help individualize the activities, allowing each Athlete to grow, succeed, and reach their fullest potential.

Champion Class, Ages 12+ is an ongoing High Intensity Interval Training (HIIT) class designed specifically for individuals with Down syndrome. The HIIT circuit training program combines cardiovascular and strength training elements with particular emphasis on building core strength. Buddy volunteers oversee different exercises under the leadership of a trainer.

No prior fitness experience required.



SESSION DATES

January 28
February 4, 11, 18, 25
March 3



CLINIC TIMES

Sundays
3:00 PM - 4:00 PM



LOCATION

**Episcopal School of Dallas,
Haggard Gym**
(Gate 3 entrance)
4100 Merrell Rd
Dallas, TX 75229



ATHLETE COST

\$65
6-week session



BUDDY BOOT CAMP

Required volunteer training:
Sunday, January 28
2:00 PM - 3:00 PM

ATHLETES (AGES 5+)

- Create an exercise routine and healthy lifestyle
- Increase strength and mobility
- Improve agility, coordination, and balance
- Personalize fitness goals

BECOME AN ATHLETE

Are you already registered as an Athlete?

YES: Sign up and pay for the session by visiting buddyupforlife.org/product/dallas-tx

NO: Register to become an Athlete by visiting buddyupforlife.org/become-an-Athlete

START HERE



BUDDIES (AGES 14+)

- Give back to the community
- Have fun and make new friends
- Strengthen your resume
- Earn service hours

BECOME A BUDDY VOLUNTEER

Are you already registered as a Buddy?

YES: Sign up via the SignUpGenius link sent in the weekly newsletter

NO: Register to become a Buddy by visiting buddyupforlife.org/become-a-Buddy

**PROUDLY
PARTNERED WITH:**

