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**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

YMCA Presents Fitness Course for Adults with Autism Spectrum Disorders

Northbrook, IL: July 2013 – The [North Suburban YMCA](http://www.nsymca.org), a community leader in programming for individuals with special needs, is pleased to announce that it is offering a series of exercise classes designed for adults with autism spectrum disorders. The three-session series is presented in partnership with [Exercise Connection](http://www.exerciseconnection.org) (“EC”), a Chicago-based organization that is continuing to develop transformative approaches to exercise in the autism community.

According to [David Geslak](http://www.exerciseconnection.org), founder of EC, traditional physical fitness programs do not address the unique needs of individuals with autism. EC’s approach targets five components of fitness that are relevant to these individuals: Body Image, Posture, Motor Coordination, Muscular Fitness, and Cardiovascular Fitness. The EC has pioneered the use of structure, a visual, sensory and individual support that enables participants to gain confidence in exercise and make it a part of their lifestyle.

“We are excited to partner with the Exercise Connection in providing this innovative program,” noted Sari Glazebrook, NSYMCA Membership Director and Special Needs Coordinator. “EC’s expertise in autism spectrum disorders makes their program very relevant and practical. We believe that participants in the program will gain skills to tangibly improve their lives.”

[Laura Fine](http://www.exerciseconnection.org), EC Director of Training, will lead adults through each class encouraging not only physical activity but also social skills. Laura states, “Exercise can be the gateway to building self-esteem and relationships. While physical activity is the primary goal, we know that parents want their children to build relationships with their peers. We have designed a curriculum to enable them to do just that.”

The EC program at the YMCA is offered to individuals age 18 and over, running August 1, 8 and 15. All classes will take place at the North Suburban YMCA, 2705 Techny Road in Northbrook. Classes are limited to six students. Class fees for each three-week series will be \$90 for NSYMCA members, \$120 for non-members. One-on-one aides may be retained at a rate of \$135 for members, \$165 for non-members.

All interested participants must register by contacting Sari Glazebrook, sglazebrook@nsymca.org or 847-272-7250 x.1216.

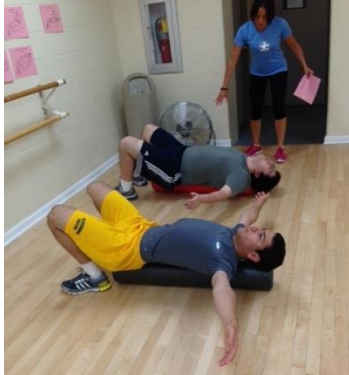


Photo Caption: Adults with autism spectrum disorders benefit from a specialized fitness training program at the North Suburban YMCA.

About the North Suburban YMCA

The NSYMCA is a not-for-profit entity and relies on donations to fund capital improvements and transform the facility. All board members are community volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served area families in its twelve-city region for over 40 years. The Y is about youth development, healthy living and social responsibility, providing programs and services that meet the needs of our community and are accessible to all. For more information or to make a donation, call Barb Flanagan at 847-272-7250, bflanagin@nsymca.org or visit www.nsymca.org.