

## ABOUT REV IT UP

Rev It Up is fueled by our passion for living an active lifestyle and our desire to help kids and adults reach their full potential. While transforming the lives of kids enrolled in our Child Development Program, we saw the need for a more stimulating and engaging sports and fitness program for athletes with special abilities. Our inclusive and adaptive program focuses on the needs of each individual while promoting socialization and encouragement as a group. Our programs are suited for all ages and abilities. No one is left out, and family members and support staff are encouraged to attend!

## ACTIVITES WE OFFER

- ★ Adaptive Martial Arts Classes!
- ★ Spectrum Skillz Martial Arts!
- ★ Fitness & Strength Classes!
- ★ Yoga!
- ★ Dance Fitness!
- ★ Indoor Sports & Games!
- ★ Arts & Crafts!
- ★ STEM Classes!
- ★ Music in Motion!
- ★ Cheer Classes!
- ★ Adaptive Ninja Warrior Training!
- ★ One on One & Group Sessions!

## Let's Meet!

We love meeting new athletes! Let's get started with a meet and greet—get to know you and your goals!



First, get started by filling out our **ATHLETE INTAKE QUESTIONNAIRE**

Then, Scan for a **FREE CLASS!**



Call or Text  
**(856) 315-4221**

Learn More  
**www.revitupnj.com**

**421 N. Rt 73 #10, Berlin, NJ 08009**  
Proudly Serving the Tri-State Area



**SPECIAL ABILITIES**  
SPORTS • FITNESS • SOCIALIZATION

*Innovative Programs Combining  
Fun, Fitness & Learning*



**www.revitupnj.com**



## INTAKE QUESTIONNAIRE

Prior to your first meeting with us, we recommend the caregiver of the athlete fill out our intake questionnaire. This helps us by giving us insight on what we can do to help the athlete feel comfortable with us and focus on areas in which we can be of best help.

## COMPLIMENTARY MEET & GREET

Before any athlete begins our program we start with a simple meet and greet. Our purpose will be to assess the individual abilities of the athlete. The key goals are to strengthen not only the physical aspects of the athlete, but also the socialization skills between the family members.

## FITNESS & INSTRUCTIONAL AREAS

- ★ One on One training areas equipped with visual cues for learning.
- ★ Specialized fitness equipment for functional skill development.
- ★ Small group class area—to support both adaptive fitness and mainstream fitness.

## HOW REV IT UP CAN HELP

Special Needs parents often feel at a loss. Will my child be able to learn, relate to, and be able be friends with other kids? What is the best activity for them to develop social skills? Will they be able to join a team or lead one?

Research shows that children with special needs benefit from physical activity in a number of ways, from increasing coordination and physical strength to building self-confidence and the ability to relate to parents, teachers, and their peers.

For children with special needs, martial arts and fitness classes serve as an ideal form of exercise, allowing kids to concentrate on their movements and respond to feedback from instructors. This reinforces the social skills aspect of training and gives special needs children a safe environment to develop new skills and become the best version of themselves.

If you're looking for an activity to engage special needs children and adults and develop the kinds of skills that children and parents strive to learn, Rev It Up is a great place to achieve their goals!



## FITNESS SESSIONS

Our fitness classes are customized to suit each individual and their personal goals. Training with a certified professional can eliminate the fear of being judged. Instilling confidence relieves the hesitation that can come along with physical fitness. To best serve our athletes, we offer both small group and one on one sessions.

## SPECTRUM SKILLZ

This program was designed to target children and adults on the spectrum. Spectrum Skillz introduces specialized skill-based training for children who have limited physical, intellectual, social and emotional abilities. With that said, more emphasis is placed on building fundamental skills training with a strategic balance of Martial Arts.

We combine elements of martial arts with contemporary teaching techniques, science and psychology, while utilizing an in-depth understanding of how individuals on the spectrum learn and grow.

