

AutismFITT Club™

Exercise & Fitness for Children and Adults with Autism in San Diego

Addie's AutismFITT Club™ provides a foundation for movement, coordination, balance, and motor development in a safe and closely monitored environment for individuals with autism. Your son or daughter can experience structured and fun exercises that will help them feel better about themselves and enable them to be more physically independent.

AutismFITT Club™ is a systematic exercise program for individuals with autism. We understand the conundrum parents face when it comes to helping their child make strides in their coordination and finer motor functions. AutismFITT Club™ strives to keep things simple while trying to teach complex movements, behaviors, and exercises to allow children to function with more "normalcy."

Addie Merrill, CPT

Addie's Personal Training Studio & AutismFITT Club™

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Remodel Your Body!