



LOWERING BARRIERS

RAISING THE BAR

**BUILDING STRENGTH,
CONFIDENCE, AND
COMMUNITY**

FALL 2025





WHO WE ARE

We started Inclusive Fitness for our autistic son and for every neurodivergent athlete and family like ours seeking a place where fitness, belonging, and potential come together.



OUR MISSION

We believe that exercise is essential for lifelong health, confidence, and independence—yet few gyms or fitness programs truly include neurodivergent individuals or offer year-round strength and conditioning training.

We strive to empower neurodivergent people to build healthy lifestyles. We want to shift the paradigm for how exercise is conceived, designed, delivered, and supported for people with special needs.



WHAT WE DO

Inclusive Fitness provides adaptive, functional fitness for neurodivergent athletes. Our expert coaches meet each athlete where they are, with personalized and results-driven strength and conditioning programs.

We presume competence, prioritize accessibility, and provide a sensory-friendly space where every athlete is seen, supported, and given the opportunity to reach their goals.

We lower barriers and raise the bar to build the foundation for a healthy life.



WHO WE WORK WITH

Our neurodivergent athletes are autistic, have Down syndrome, cerebral palsy, brain injuries, genetic disorders, other intellectual disabilities, ADHD, anxiety, and more.

We work with athletes aged 12 and up, including teens, young adults, and adults with a range of cognitive and physical support needs.

Our athletes are respected, challenged, and supported: physically, mentally, and emotionally.



OUR PROGRAMS



1:1 TRAINING

Custom strength & conditioning programs built around each athlete's goals, needs, communication preferences and motivators.



SEMI-PRIVATE TRAINING

2:1 partner sessions offer personalized coaching in a shared workout — each athlete supported, motivated, and progressing at their own pace.



SMALL GROUP SESSIONS

Groups of 3+ athletes train together in shared workouts under coach direction — circuit training, relays, and teamwork.



WHAT MAKES US DIFFERENT?



EXPERT COACHES

Highly skilled coaches understand and address each athlete's challenges and strengths, presuming competence and meeting them where they are.



OWNERSHIP

By actively participating in designing their fitness programs, our athletes are cultivating a sense of autonomy and self-agency.



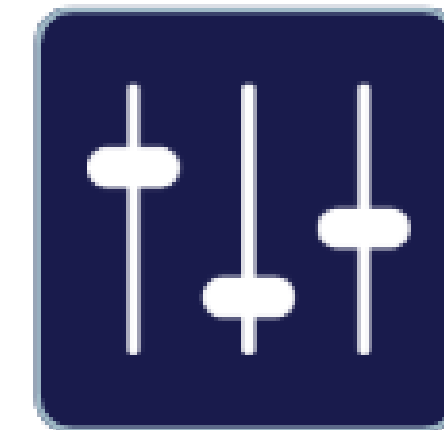
GENERALIZATION

Functional fitness is the foundation of our programs - we build strength and skills that generalize to the real world.



SENSORY FRIENDLY

We provide a sensory-friendly environment which is designed to reduce overwhelm and support regulation.



CUSTOM PROGRAMS

Personalized strength & conditioning programs are tailored to each athlete's needs and goals.



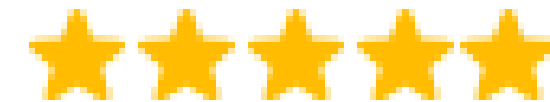
FOCUSED ON RESULTS

We increase strength, stamina, stability and confidence, and reduce the risk of injuries and preventable diseases.



MEMBERS LOVE US

5.0



| 76 reviews



This gym is absolutely incredible! We have been going weekly for over 2 years now and Mary Gwen still loves every session! - IF Parent

Innovative idea, excellent facility, outstanding staff. Our daughter loves her twice-weekly visits and it is making a big difference! - IF Parent

*The staff is absolutely amazing at Inclusive Fitness. Over the years, I have worked collaboratively with many trainers and gyms nationwide, and Inclusive serves their population **the very best.** - IF Partner*

The love, respect, and compassion as an athlete is no comparison to other fitness centers! - IF Parent

This is a beautiful, spotless facility - but its management and coaches are where it really shines. - IF Parent





WE GET REAL RESULTS

5 ★★★★★

Sep 14, 2025

Inclusive fitness has changed our sons' lives. The dedicated and skilled staff work diligently every week with our sons who had never done strength training before. Occupational therapy and physical therapy are no comparison to what Greg Austin and his team accomplish. They not only are my sons stronger, but feel more confident, move better in their daily living activities, and feel productive and successful after every session. Inclusive fitness is committed to making every interested individual, no matter their challenges, a member of their community. We are so grateful. We traveled 25 minutes to the West Roxbury location and now enjoy a 7 min trip to the Burlington location. We added a second session for each of my sons—we love it so so much! [Less](#)

UB Una Basak



5 ★★★★★

Oct 14, 2025

I'm so happy with how much progress my son has made at Inclusive Fitness! He's 22 years old, nonspeaking, and has profound autism—and had never been to a gym before. His coach is amazing: positive, patient, and incredibly skilled at motivating him. She truly understands how to work with him, using just the right mix of prompting, modeling, and praise, and she's excellent at fading support to build his independence. Since starting, he's gotten stronger and shows better coordination and balance. He's building strength, endurance, and real-life skills—like safely lifting heavy objects, reaching high shelves, and moving with confidence. He even looks forward to going to Inclusive Fitness, which is a wonderful surprise because he's usually pretty sedentary! I only wish we had started sooner. [Less](#)

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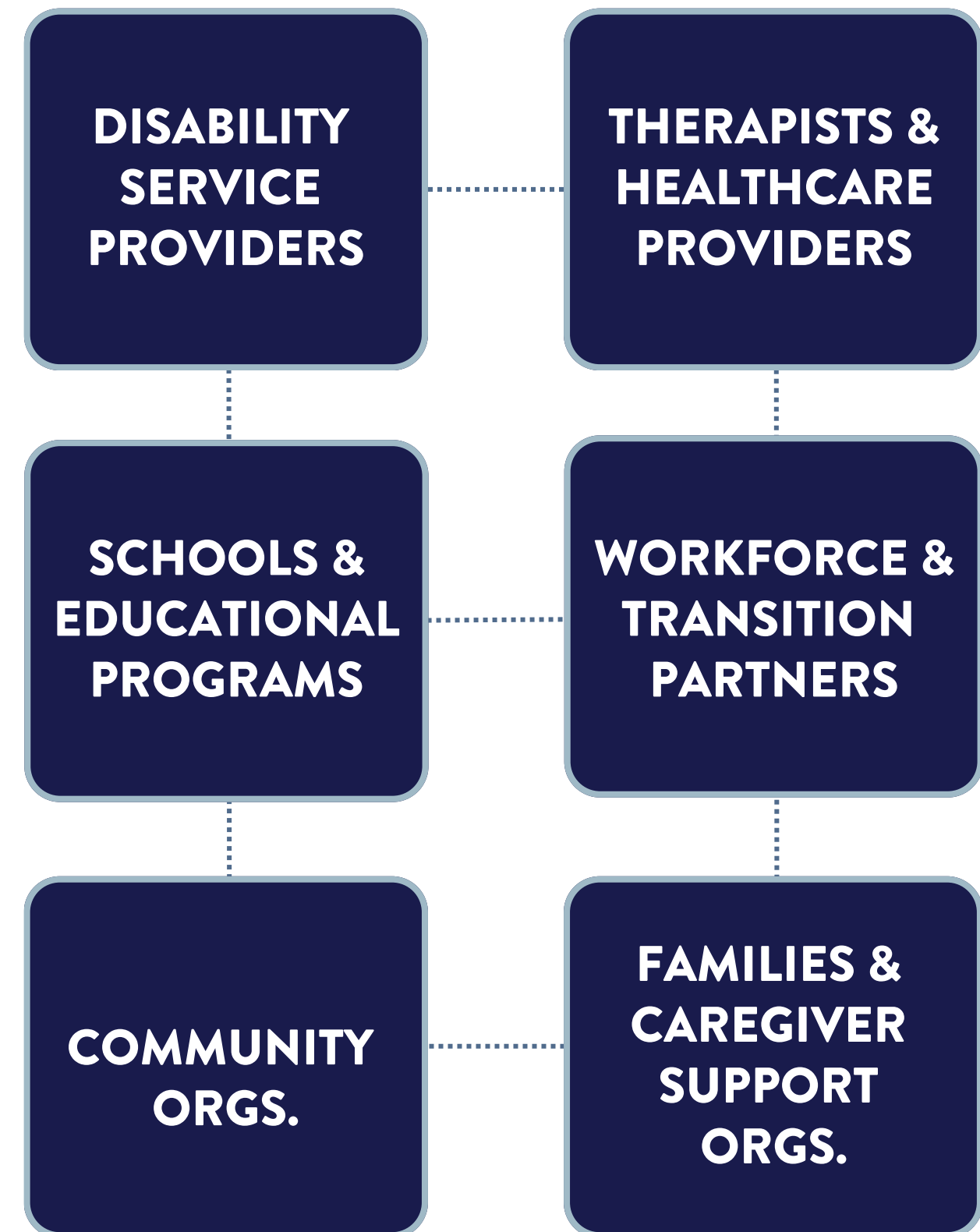




BUILDING STRONGER COMMUNITIES, TOGETHER

Working together, we can:

- **Increase access to fitness:** remove barriers so every athlete can be active, included, and supported.
- **Enhance outcomes:** support therapeutic, academic, and social goals through neuroadaptive fitness.
- **Build confidence:** help athletes grow stronger, more independent, and engaged in activities of daily living at home and in the community.
- **Support lifelong health:** promote physical readiness, regulation, and lasting wellness.
- **Expand impact:** partner with schools and community groups to bring fitness to more athletes.



JOIN OUR INCLUSIVE FITNESS COMMUNITY



5 years strong & growing — now open in two locations in Greater Boston

West Roxbury / Dedham

 1665 VFW Pkwy, West Roxbury, MA 02132

LEARN MORE & SCHEDULE A CALL



 SCAN ME

Burlington

 20 3rd Ave, Burlington, MA 01803

LEARN MORE & SCHEDULE A CALL



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