



SIGN UP NOW



Healthy Hustle hits OVER 1000 visits, come see what the fun entails!

June 12- July 19th 2024

9:30-10:30 AM

Walking Wednesdays

Bring water & your favorite pair of walking shoes!

3:30-4:30 PM

Friday Flow (Yoga Class)

Wear comfy clothes & bring a towel or Yoga Matt!

WHY CHOOSE US?

The goal of Healthy Hustle is to make workouts and activities enjoyable while chasing fitness results. We believe that everyone should have the opportunity to be active and we want to offer a space for athletes to see how dedication to a healthy routine can change their lives for the better!

CONTACT US

OUR STORY

Special Olympics Health, made possible by the Golisano Foundation, is working to ensure Special Olympics athletes can perform at their best, on and off the field, and have equal access to quality health care, health education and resources.

OUR VISION

To create an environment that allow athletes to set individual goals for overall health improvement over the course of 6 weeks. SOMO will develop a balanced fitness routine focusing on strength, endurance and flexibility.

OUR MISSION

Our goal is to meet the needs of each athlete, while within a group setting. SOMO will offer rewards for meeting attendance and specific health targets! For every 5 classes attended, athletes will have the opportunity to choose a reward from THE PRIZE BOX!



blevins@somo.org



[@somissouri](#)



Springfield Campus: 3524
S. National Ave,
Springfield, MO 65807