



“Fitness Fun” is an inclusive wellness program collaborative with IGHL residents of all abilities and local youth volunteers. Originally founded by Eric Bielski and Anthony Parlato, Fitness Fun ran successfully for many years dating back to the early 2000’s. Recently revived and revised by Sonny Saguto and Michael Valentine through the local community center, Fitness Fun continues to bring people together in an inclusive, collaborative and active environment aimed at benefiting all who participate.

Every Wednesday night from 6:00-7:30 pm IGHL residents and local youth, both special needs and general education, participate in physical fitness education sessions at Clayton Huey Elementary School in the All-Purpose room. Sessions include team-building sports such as basketball, dodgeball, running bases, kickball, and much more. Additionally, participants learn good team play, fair competition, and sportsmanship, and have the opportunity to integrate with community students and adults alike.

For updates and cancellations, please visit our facebook or instagram pages.

For more information, please contact sonny@morichescommunitycenter.org or michael@morichescommunitycenter.org

