





About Us

Jacob's Ladder Fitness is a Christian non-profit organization dedicated to serving Christ by improving the lives of the special needs community through regular exercise and healthy lifestyle education.

We provide an opportunity for individuals and parents to learn about fitness and health. We aim to foster friendships, Christian fellowship, better self-esteem and higher expectations for this group, resulting in more fit and socially adept individuals.

Why Us

Research shows the special needs population is significantly under-served, with an obesity rate of 42%! We believe that every person should have the chance to be challenged, coached and encouraged to become the best they can. Benefits from our classes include:

-  Social interaction, creating a sense of belonging, friendship and fellowship
-  Valuable life lessons like the ability to follow directions and think of others' needs



Join Us!

To Register: call (440) 225-2365 or email tdorazio@att.net

Tuesdays

6:30p - 7:30p

Christ Church

23080 Royalton Road
Columbia Station, OH 44208

8:00p - 9:00p

Kirtland High School - KES Gym

9150 Chillicothe Road
Kirtland, OH 44094

Thursdays

6:30p - 7:30p

Top Gun Cheerleading

1482 Lear Industrial Parkway
Avon, OH 44011

For more info, visit

www.JacobsLadderFitness.com