



# Golden Strength Academy

Adaptive Fitness, Social Recreation, and Development Program

## Company and Program Structure

Functional Speed Academy LLC is the company and legal billing entity. Golden Strength Academy is one of its specialized programs. Families participate in **Golden Strength Academy** as the program, while approvals, invoicing, and vendor operations run through **Functional Speed Academy LLC** as the business entity.

## Why This Program Exists

Golden Strength Academy was built to fill a real gap. Many individuals with special needs struggle to find environments that are safe, structured, and truly supportive. The goal is not just participation. The goal is meaningful progress that carries into real life.

## What This Is

A structured adaptive program designed specifically for individuals with autism, Down syndrome, developmental delays, and related needs. This is not an open gym or general fitness class. It is a coached environment built around confidence, independence, communication, regulation, and belonging.

## What Makes This Different

Small group structure, low ratio coaching, predictable routines, and real-time adaptations. Participants are supported where they are and guided forward at a pace that works for them.

## Real Life Outcomes

Better participation, stronger communication, improved transitions, increased confidence, and greater independence across home, school, and community settings.

## Program Structure

### Group Training

1:4 coach-to-athlete ratio  
\$280 for 4-week months  
\$350 for 5-week months

### Private Coaching

\$130 per session  
\$520 monthly for 1x per week  
\$1040 monthly for 2x per week

## Funding Alignment

Supports IRC and Self-Determination pathways and aligns with social recreation, community integration, and functional development.

## A Strong Referral Fit When A Client Needs

Structured movement support  
Guided social participation  
Confidence and independence building  
A safe, predictable coaching environment

## Closing

When a family needs a thoughtful, structured, and supportive program, Golden Strength Academy is designed to be that fit. Our goal is lasting impact, not just another activity.

## Coach Henry Aviles

CEO, Functional Speed Academy  
Founder, Golden Strength Academy & FSA Physical Education  
[www.functionalspeedacademy.com](http://www.functionalspeedacademy.com)