

FUNCTIONAL SPEED ACADEMY LLC

COMPANY • LEGAL PROVIDER • VENDOR • BILLING ENTITY



GSA Program Overview

Golden Strength Academy (GSA) • A program of Functional Speed Academy LLC

Company / Legal Provider / Billing Entity	Functional Speed Academy LLC
Program / Service	Golden Strength Academy (GSA), a program of Functional Speed Academy LLC
Program Classification	Specialized adaptive fitness, social recreation, community participation, and developmental support delivered through movement.
Document ID	GSA 001
Policy Year	2026

IMPORTANT ENTITY DISTINCTION

Functional Speed Academy LLC (FSA) is the company, legal provider, vendor, and billing entity. **Golden Strength Academy (GSA)** is one program operated by Functional Speed Academy LLC; **GSA is not a separate company or legal entity**. All approvals, authorizations, vendor records, W-9s, contracts, invoices, receipts, payments, and funding records should identify **Functional Speed Academy LLC** as the provider. Golden Strength Academy may be listed as the program/service.

Why This Program Exists

At Golden Strength Academy, we believe participants do best when they are in an environment where they feel safe, understood, included, supported, appropriately challenged, and genuinely successful. Functional Speed Academy LLC created GSA to provide that kind of structured, adaptive, human-first environment for individuals with developmental, intellectual, communication, social, emotional, sensory, and physical support needs.

Movement is the vehicle. Confidence, independence, regulation, communication, safety, belonging, community participation, and quality of life are the outcomes.

What GSA Is

Golden Strength Academy is a specialized adaptive fitness, social recreation, community participation, and developmental support program delivered through movement. Sessions use structured movement and human-first coaching to support confidence, communication, regulation, social participation, independence, functional movement, safety, belonging, and community access.

What GSA Is Not

GSA is not a generic gym membership, ordinary fitness class, open recreation program, basic exercise group, or standard personal training service. It is a specialized adaptive model requiring trained staff, structured programming, low-ratio support, participant-specific modifications, safety awareness, predictable routines, relationship-based coaching, and real-time adaptive support.

How Services Are Delivered

- Low participant-to-coach support, generally 1:1 to 1:4 depending on participant need and service structure.
- Structured routines and predictable expectations that support regulation, transitions, engagement, and successful participation.
- Real-time adaptive coaching and participant-specific modifications.
- Human-first coaching centered on dignity, safety, confidence, belonging, and long-term growth.
- A supportive community focused on peer interaction, social participation, independence, and comfort in community-based environments.

Quick Approval Snapshot

Approval Item	Current GSA Structure
Legal Provider / Company	Functional Speed Academy LLC
Program / Service	Golden Strength Academy (GSA), a program of Functional Speed Academy LLC
GSA Group - 1x/week	\$350/month
GSA Group - 2x/week	\$700/month
Simple Approval Ceiling	When appropriate, authorize GSA Group up to 2x/week, not to exceed \$700/month. Actual billing follows the participant's enrolled frequency: \$350 at 1x/week or \$700 at 2x/week.
Group-Only Assessment Fee	None. The \$175 assessment applies when private adaptive coaching requires assessment/program design.

Program Services and Published Rates

Program / Service	Published Rate	Approval / Service Notes
Initial Assessment & Program Design	\$175 one time	Applies when private adaptive coaching requires participant-specific intake, support review, baseline observation, safety/communication considerations, and individualized program planning. Not required for Group-only enrollment.
GSA Group Training - 1x/week	\$350/month	One designated group class day per week. Flat monthly membership; rate does not change in five-week months.
GSA Group Training - 2x/week	\$700/month	Two designated group class days per week when approved and available. Flat monthly membership; rate does not change in five-week months.
Private Adaptive Coaching	\$135/session	Individualized or highly supported adaptive coaching with participant-specific planning, modifications, safety supervision, communication/regulation support, motor planning support, and continuity.

Core Development Outcomes

- **Physical and functional development:** motor planning, coordination, balance, body awareness, strength, movement confidence, and functional movement patterns.
- **Social and communication development:** peer interaction, communication, turn taking, shared activity, social confidence, and belonging.
- **Regulation and engagement:** focus, predictable transitions, sustained participation, and increased willingness to try.
- **Independence and community participation:** routines, safety awareness, accountability, self-advocacy, and increased comfort in supported community settings.

Funding Alignment

Functional Speed Academy LLC has experience serving IRC-supported families and working through Self Determination, multiple FMS providers, participant-directed funding, reimbursement pathways, and private-pay pathways when appropriate. The applicable service code, authorization pathway, funding category, and approved amount are determined by the participant's planning and funding team. Functional Speed Academy LLC does not self-assign a service code.

How Payment Is Processed

Funding Pathway	Simple Processing Instructions
IRC Family Reimbursement (when used)	Confirm the approved service/frequency before services begin when prior approval is required. Functional Speed Academy LLC bills the family directly. Invoice documentation is typically provided within two business days. After payment, FSA provides a paid receipt for the family to submit to IRC. IRC controls reimbursement eligibility, requirements, and timing.
FMS / Self Determination	Functional Speed Academy LLC issues the invoice under the applicable FMS process, generally around the 25th for the upcoming service month. The family reviews and completes the required FMS approval/submission step. Services begin or continue after required authorization and payment pathway confirmation.
Direct Pay / Other Approved Pathway	The family follows the agreed payment process. A receipt is provided after payment. Any reimbursement or third-party approval remains subject to that funding entity's rules.

Funding authorization and reimbursement are participant specific. This document describes the actual GSA service model and published rates but does not guarantee approval, reimbursement, or payment for any individual participant.

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