



# TFIT FOUNDATION, INC.

FITNESS. COMMUNITY. EMPOWERMENT.

## PROGRAMS & SERVICES

TFit Foundation, Inc. provides inclusive wellness, fitness, and community support programs designed to improve health, confidence, mobility, and overall quality of life for underserved individuals of all abilities throughout Staten Island.



### INCLUSIVE FITNESS PROGRAMS

Supportive fitness opportunities designed for individuals of varying ages, backgrounds, abilities, and experience levels in a welcoming and encouraging environment.



### ADAPTIVE PERSONAL TRAINING

Individualized wellness and fitness support tailored to the unique needs, goals, and abilities of each participant.



### WELLNESS SCHOLARSHIPS & FINANCIAL ASSISTANCE

Scholarship opportunities and subsidized programming intended to help reduce financial barriers to wellness and fitness services.



### COMMUNITY WELLNESS INITIATIVES

Community-based health and wellness programs focused on promoting healthier lifestyles, confidence, inclusion, and long-term well-being.



### INCLUSIVE GROUP CLASSES

Supportive group fitness experiences designed to encourage participation, social connection, movement, and overall wellness for individuals of all abilities.



### COMMUNITY PARTNERSHIPS

TFit Foundation works collaboratively with community organizations, schools, families, and mission-aligned partners to help expand access to wellness opportunities throughout Staten Island.



### OUR MISSION

We believe wellness and fitness opportunities should be accessible, inclusive, and supportive for everyone—regardless of financial, physical, or social barriers.

**STRONGER  
TOGETHER.**

HEALTHIER. HAPPIER. EMPOWERED.



BASED IN  
STATEN ISLAND, NY



FOUNDED  
2026



501(c)(3)  
NONPROFIT  
ORGANIZATION



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