



**AutismAlliance**  
of Michigan

Team GUTS  
Social Narratives



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# Team GUTS Social Narratives Table of Contents

3- Visiting Team GUTS

4 to 5- Personal Training

6 to 7- Group Fitness

8 to 9- Martial Arts

10 to 11- Team Sports

12- Rules & Expectations

# Visiting Team GUTS

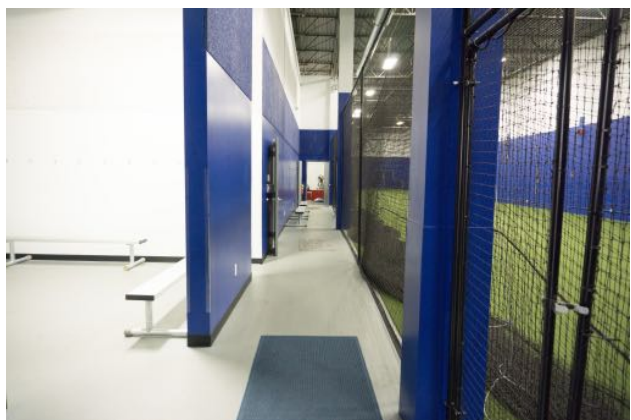


When I go to Team GUTS my caregiver will park in the parking lot, and we will walk in through the front door.



I will wait in the waiting room until my trainer or instructor comes to get me.

I will walk back to a fitness area to start my session.

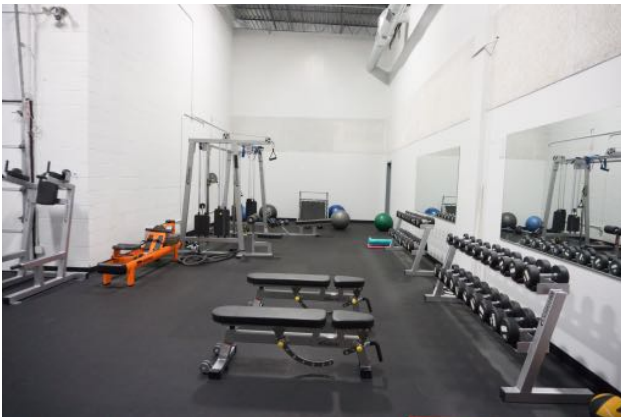


I may be working with a personal trainer, participating in a group fitness class, or playing a sport.

# Personal Training (1 of 2)



When I go to Team GUTS for personal training, I will wait in the waiting room until my trainer comes to get me. It is important that I listen to my trainer and follow directions.



I will walk back to the personal fitness room with my trainer. My trainer will ask me if I would like to turn on music while we are exercising. I can choose what kind of music I like.



My trainer will start me with a warm up. Next my trainer will help me do exercises to make my muscles stronger.

# Personal Training (2 of 2)



We will take water breaks during the session. If I need a break or need water I can tell my trainer.



At the end of the session, we will do a "cool down". I may do stretches or slow movements to "cool down".



My trainer will tell me when the session is over and walk me back to my caregiver.

# Group Fitness Class (1 of 2)



When I go to Team GUTS for a group fitness class , I will walk back to the studio with my caregiver.



The instructor will be playing music in the studio. I will find a place on the floor and begin my warm up.



The instructor will tell us when it is time to use the equipment. It is important that I listen to my instructor and follow directions.

# Group Fitness Class (2 of 2)



We will take water breaks during the session. If I need a break or need water I can tell my trainer.



At the end of the session, we will do a "cool down". I may do stretches or slow movements to "cool down".



My trainer will tell me when the session is over and my caregiver will walk me out.

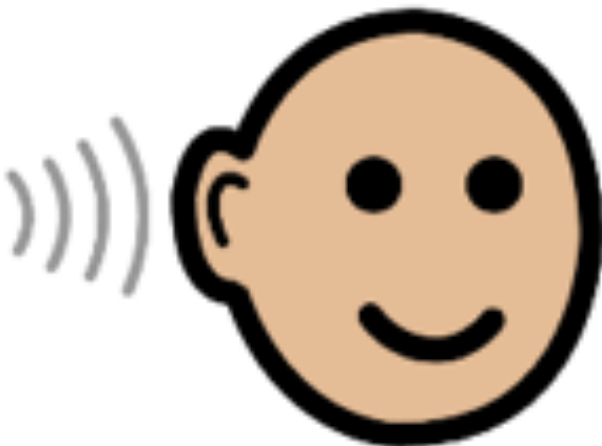
# Martial Arts (1 of 2)



When I go to Team GUTS for a group fitness class , I will walk back to the studio with my caregiver. I will take off my shoes and socks outside the studio.



I will find a place on the floor and begin my warm up.



The instructor will tell us when it is time to use the equipment. It is important that I listen to my instructor and follow directions.



# Group Fitness Class (2 of 2)



We will take water breaks during the session. If I need a break or need water I can tell my trainer.

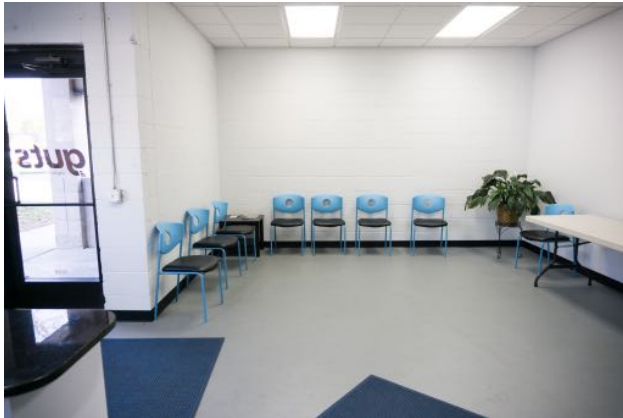


At the end of the session, we will do a "cool down". I may do stretches or slow movements to "cool down".



My trainer will tell me when the session is over. I will put my shoes and socks on. My caregiver will walk me out.

# Team Sports (1 of 2)

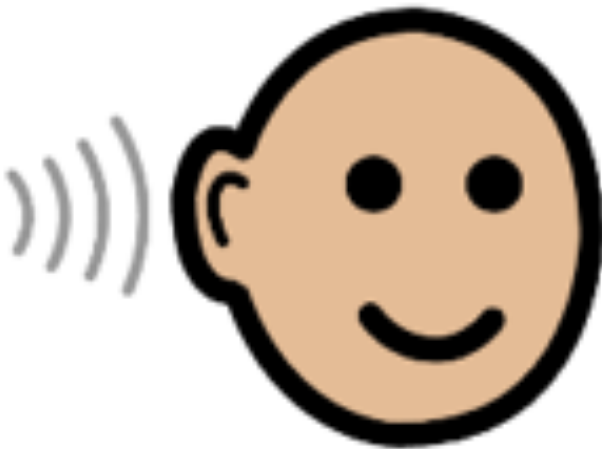


When I go to Team GUTS for a team sport, my caregiver and I will wait in the waiting room. The instructor will meet us in the waiting room and walk us back to the athletic training area.



I will line up next to the wall with the other athletes. My caregiver will either wait on the bench or in the waiting room.

The instructor will tell us when it is time to use the equipment. It is important that I listen to my instructor and follow directions.

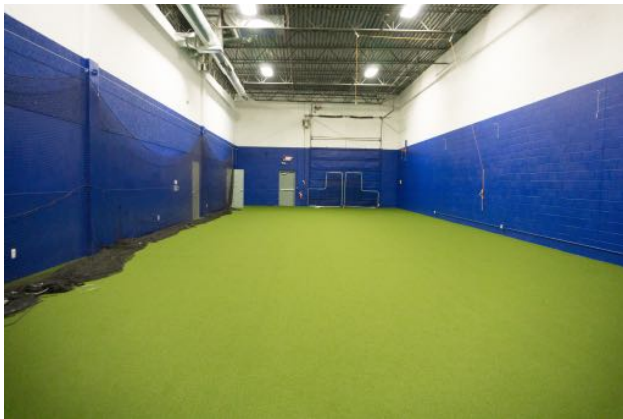


Our class will start with a warm up. Next, the instructor will show us what drills to do.

## Team Sport (2 of 2)



We will take water breaks during the session. If I need a break or need water I can tell my trainer.



At the end of the session, we will do a "cool down". I may do stretches or slow movements to "cool down".

After the cool down we will help the instructor put the equipment away. My instructor will tell me when the session is over. My instructor or caregiver will walk me out.

# Team GUTS Rules & Expectations



I will wear comfortable clothing and gym shoes.

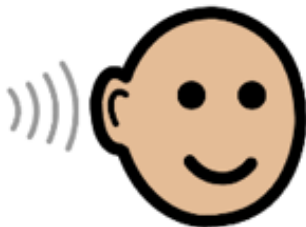
If I wear boots or a coat, I will keep them in the coat area while I exercise.



I will bring a water bottle to drink during breaks. I can tell my instructor if I need a break.



I will not bring food, gum, or candy to Team GUTS.



I will listen to the instructors and trainers. I will follow their directions.



I will treat others with respect. I will not use foul or inappropriate language.