

State Of Maryland

2025 Bond Initiative Fact Sheet

1. Name Of Project		
Spirit Fit and Health Inclusive Fitness Expansion		
2. Senate Sponsor	3. House Sponsor	
Waldstreicher	Solomon	
4. Jurisdiction (County or Baltimore City)	5. Requested Amount	
Montgomery County	\$150,000	
6. Purpose of Bond Initiative		
the acquisition, planning, design, construction, repair, renovation, reconstruction, site improvement, and capital equipping of SPIRIT Club's current inclusive gym space		
7. Matching Fund		
Requirements:	Type:	
Grant		
8. Special Provisions		
<input type="checkbox"/> Historical Easement	<input checked="" type="checkbox"/> Non-Sectarian	
9. Contact Name and Title	Contact Ph#	Email Address
Jared Ciner		303.883.4364
10. Description and Purpose of Organization (Limit length to visible area)		
<p>SPIRIT Club is a community-based fitness organization dedicated to providing inclusive fitness services for all individuals, including those with disabilities. Our mission is to create a supportive and welcoming environment where people of all abilities can improve their physical health, build confidence, and form meaningful connections. We achieve this by offering personalized fitness sessions and group exercise classes led by credentialed trainers who specialize in adaptive fitness. Each week, SPIRIT Club serves over 500 individuals and partners with more than 50 local organizations supporting people with disabilities. Through our programs, we not only promote physical wellness but also enhance mental health, reduce social isolation, and empower individuals to lead more independent lives.</p>		

11. Description and Purpose of Project (Limit length to visible area)

SPIRIT Club is seeking grant funding to expand our facility to meet the increasing demand for inclusive fitness services. Since moving into our current 3,000-square-foot space in 2017, we have built a thriving community, now serving over 500 individuals per week. However, our limited space is restricting our ability to grow and serve more individuals who need accessible fitness options. With this grant, we plan to expand into the adjacent space, nearly doubling our exercise area. This expansion will allow us to increase class offerings, introduce specialized equipment, and create additional programs tailored for seniors, veterans, individuals with mental health and substance use disorders, and the general public. By investing in this project, we will further our mission of inclusive fitness for all, ensuring that individuals of all abilities have the opportunity to improve their health, build confidence, and engage with their community.

Round all amounts to the nearest \$1,000. The totals in Items 12 (Estimated Capital Costs) and 13 (Proposed Funding Sources) must match. The proposed funding sources must not include the value of real property unless an equivalent value is shown under Estimated Capital Costs.

12. Estimated Capital Costs

Acquisition	
Design	\$15,000
Construction	\$135,000
Equipment	\$50,000
Total	\$200,000

13. Proposed Funding Sources - (List all funding sources and amounts.)

Maryland Capital Grant	\$150,000
Business Loan	\$50,000
Total	\$200,000

14. Project Schedule (Enter a date or one of the following in each box. N/A, TBD or Complete)			
Begin Design	Complete Design	Begin Construction	Complete Construction
1/15/2025	2/15/2025	2/15/2025	8/15/2025
15. Total Private Funds and Pledges Raised	16. Current Number of People Served Annually at Project Site	17. Number of People to be Served Annually After the Project is Complete	
100000.00	750	1,250	
18. Other State Capital Grants to Recipients in the Past 15 Years			
Legislative Session	Amount	Purpose	
19. Legal Name and Address of Grantee		Project Address (If Different)	
Spirit Fit and Health, Inc.			
20. Legislative District in Which Project is Located	18 - Montgomery County		
21. Legal Status of Grantee (Please Check One)			
Local Govt.	For Profit	Non Profit	Federal
[]	[X]	[]	[]
22. Grantee Legal Representative		23. If Match Includes Real Property:	
Name:	Jared Ciner	Has An Appraisal Been Done?	Yes/No
Phone:	3038834364		No
Address:		If Yes, List Appraisal Dates and Value	
7157 Deer Valley Rd. Highland, MD 20777			

24. Impact of Project on Staffing and Operating Cost at Project Site			
Current # of Employees	Projected # of Employees	Current Operating Budget	Projected Operating Budget
27	40	1200000.00	1800000.00
25. Ownership of Property (Info Requested by Treasurer's Office for bond purposes)			
A. Will the grantee own or lease (pick one) the property to be improved?			Lease
B. If owned, does the grantee plan to sell within 15 years?			
C. Does the grantee intend to lease any portion of the property to others?			No
D. If property is owned by grantee any space is to be leased, provide the following:			
Lessee	Terms of Lease	Cost Covered by Lease	Square Footage Leased
E. If property is leased by grantee - Provide the following:			
Name of Leaser	Length of Lease	Options to Renew	
10417 Metropolitan Ave Properties, LLC	5 years	yes	
26. Building Square Footage:			
Current Space GSF	3000		
Space to be Renovated GSF	1600		
New GSF	1600		

27. Year of Construction of Any Structures Proposed for Renovation, Restoration or Conversion

2025

28. Comments

We are incredibly grateful to be considered for this opportunity. From 12 years of experience offering these vital services, we understand how great the need is for our programs, and we are confident that this additional space will allow us to continue filling this need. To help demonstrate the impact, we shared some testimonials from our current members below:

"I researched fitness organizations in the greater DC region that specialize in working with adults who are on the autism spectrum or developmentally disabled in some way. My brother, who has autism, had been in great need of physical development/culture for some time has been thriving at Spirit Club. In addition to his improved physique, there is a noticeable improvement in his attitude and energy level at the end of the day. I am eternally grateful to ALL staff, for the work they have done and will continue to do for not just my brother, but all those they serve. Thank you again guys!"

"I would like to thank Spirit Club for being an integral part of my adult children with developmental differences lives. They look forward to class every week. Chris their trainer is patient and creative. I also thank the organization for working to make fitness affordable for my family!"

"SPIRIT Club is not your typical gym atmosphere-- its got a very special 'come as you are' vibe that makes you happy to be there the minute you walk in. The staff and trainers are friendly, patient and seem to genuinely love what they do. If you are looking for a place that offers exercise and community for all abilities, you can't do any better than SPIRIT Club."

"SPIRIT Club has been a great addition to our son Sean's social and educational experience. He doesn't always get a lot of physical activity during his weekly routine, but he looks forward to his Sunday SC class and really does enjoy the exercise. We have been involved in SPIRIT Club for a few years now and would recommend it to any individual with disabilities who would benefit from a low-stress (and FUN) exercise experience. BTW, although all the staff is first-class, Adrian is the BEST!"

"SPIRIT Club is amazing!! Kristian works with my 11 year old son, who is differently abled, and we are overjoyed by the results that we have seen. They are caring and dedicated. They create an environment that makes the program seem effortless. I highly recommend SPIRIT Club - Kensington!!"

"SPIRIT Club gets a total high-five! Founder Jared Ciner, CEO is inspirational - inspirational to the athletes, to parents, and no doubt to his staff. SPIRIT Club offers a much-needed venue to accommodate people of all abilities so they can exercise in a safe environment and work toward optimum health."