



Body Positive Fitness
Class Fund



impact **REPORT**

2020–2024



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about us

Body Positive Fitness is a home for folks excluded from mainstream fitness spaces—no matter your size, gender, disability or fitness level. Queer-led and fat-centered, we make it possible to experience joyful movement in a space free from diet culture.

*home for folks
excluded from
mainstream
fitness*

With our come-as-you-are approach, we don't push folks to their limits or stress accountability. We encourage those who have been excluded by mainstream fitness to reclaim space in our safe, non-judgmental community where they are empowered to heal their relationship with movement.



A hybrid company, we offer in-person training in Toronto and Aurora and now serve clients online across Canada, USA, and overseas. Services include 100+ online classes monthly, personal training, coaching, private classes, run club, and workshops. Everything online is live-streamed, never pre-recorded, so we're present and actively engaging with clients and their needs. Folks experiencing financial barriers can apply for subsidized/free services through our Class Fund. Our free community arm, BOPO Social, includes quarterly book clubs, stitch 'n bitch nights, and more.



about the class fund

We provide subsidized or free classes and sliding scale rates for those struggling with a variety of barriers of access, particularly those who identify as a member of a marginalized community. The Class Fund is a necessary resource that provides access to fitness programs to those who have historically been excluded due to discrimination or other barriers

equity seeking

Equity-seeking groups are those that face challenges in access, opportunities and resources due to discrimination and seek social justice and reparation.

The current usage of the term “equity-seeking group” at Body Positive Fitness refers to any group requiring specific measures to improve access to fitness programs and services.

BODY POSITIVE
fitness

PRIORITY GROUPS

While we are cognizant of a wide array of groups that face systemic barriers, currently, the priority equity-seeking groups for receiving assistance through the Class Fund are the following communities:

- IBPOC (Indigenous, Black, and People of Colour)
- 2SLGBTQIA+ (Individuals who self-identify as lesbian, gay, bisexual, transgender, queer, intersex, asexual, or two-spirited)
- Persons with Disabilities, Persons Living with Mental Illness, and Deaf Persons
- Persons Experiencing Weight-Based Discrimination



class fund impact

Between January 2020 and December 2024, Body Positive Fitness held multiple campaign drives to increase the Class Fund in support of folks facing financial barriers to fitness. Financial contributions allow us to provide class passes and training at no or low costs to those who have historically had limited access to fitness programs due to discrimination and exclusion.

Total Amount of Subsidies Provided

Over \$19K in subsidies amounts to 64% of the cost of services provided to Class Fund Recipients since 2020.

\$19,757



258 Passes Subsidized

To-date at least 258 passes for online classes and personal training sessions have been subsidized.



We thank you for your ongoing support.

Acknowledgements

We appreciate all the support from the over 160 people who have made contributions to the Class Fund since the start of 2020.

For a list of current contributors, or to help us Boost the Fund, please visit bodypositivefitness.ca/class-fund

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