

Move Club San Antonio

Annual Impact Report 2025

Building a Healthier San Antonio, One Step at a Time



A Message From Our Founders

Dear Move Club San Antonio Community,

Thank you for being part of our journey to create a healthier, more connected San Antonio.

Since our founding in 2024, Move Club San Antonio has worked to make wellness more accessible through movement, education, and community connection. Through community events, wellness programs, and partnerships, we continue to create opportunities for individuals of all ages to improve their physical, mental, and overall well-being.

This year, we were proud to bring people together through movement activities, health education, community outreach, and programs designed to support healthier lifestyles.

Thank you to our volunteers, partners, donors, and community members who continue to believe in our mission. Together, we are proving that small steps can create a big impact.

With gratitude,

Callie Byerly & Xavier Vara

Co-Founders

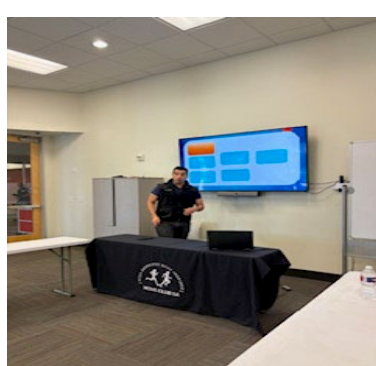
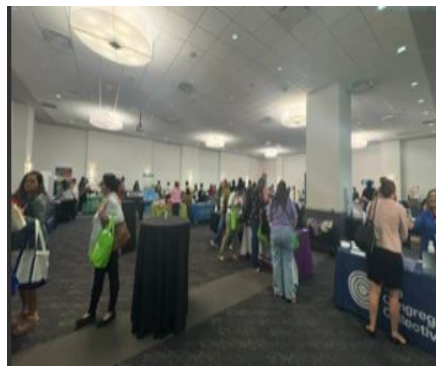
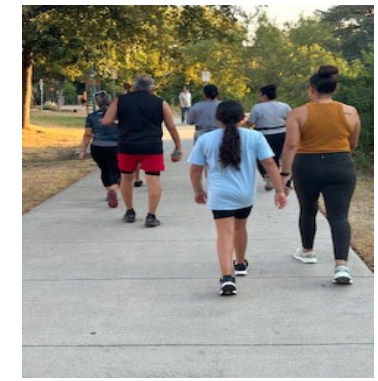
Move Club San Antonio

About Move Club San Antonio

Move Club San Antonio is a 501(c)(3) nonprofit organization dedicated to building a healthier community through movement, wellness education, and connection.

We believe everyone deserves access to opportunities that support a healthy lifestyle—regardless of age, ability, or fitness level.

Our mission is to inspire healthier communities by creating accessible programs that promote physical activity, mental wellness, nutrition education, and community engagement.



Our Impact at a Glance

2025 By the Numbers

18,977

Community Members Served

26

Community Events Hosted

11

Wellness Programs Delivered

10+

Community Partners

12

Volunteer Hours

21

Neighborhood Outreach Events

Program Highlights

Gardening for Mental Health

Our Gardening for Mental Health program combines the benefits of nature, movement, and community connection.

Participants learn how gardening can support mental wellness while developing skills that encourage healthy habits and social connection.

Each class includes a **30-minute educational lesson followed by a 30-minute interactive session.**

Impact:

- 67 participants served
- 11 sessions hosted

Movement & Fitness Programs

Move Club San Antonio creates welcoming opportunities for individuals of all fitness levels to get active.

Through walks, runs, fitness activities, and community events, participants are encouraged to find movement that works for them.

Impact:

- Community walks and movement events
- Beginner-friendly activities
- Opportunities for connection and encouragement

Wellness Education

Our wellness classes provide practical tools and information to support healthier lifestyles.

Classes include:

- Gardening for Mental Health
- Physical Activity: Finding Movement That Works for You
- Nutrition Made Simple: Understanding Protein, Carbohydrates & Fats
- Eating Healthy on a Budget

Each class includes a **30-minute educational lesson followed by a 30-minute interactive session.**

Active Aging & Senior Wellness

Move Club San Antonio supports older adults through programs focused on mobility, strength, and maintaining independence.

Programs include:

- Senior mobility classes
 - Chair exercises
 - Wellness education
-

Community Engagement

Throughout the year, Move Club San Antonio participated in local festivals, health fairs, school events, and community gatherings.

Our outreach events provided opportunities for community members to:

- Learn about health and wellness resources
 - Participate in interactive activities
 - Connect with local organizations
 - Discover ways to get involved
-

Community Partnerships

We are grateful for the organizations and community partners who help us expand our impact.

Our partnerships allow us to bring wellness opportunities, resources, and education to more San Antonio residents.

Thank you to our partners:

- Catholic Charities
 - HEB
 - KLRN
 - Mayor Fitness Council
 - Parks and Recreation San Antonio
 - San Antonio Police Department
 - San Antonio Spurs
 - Walmart
-

Financial Transparency

Move Club San Antonio is committed to responsible stewardship and transparency.

2025 Financial Overview

Revenue

- Grants: \$0.00
- Donations: \$2,552.76
- Sponsorships: \$500.00
- Fundraising: \$0.00

Expenses

- Program Services: \$2,527.88
- Outreach & Growth: \$290.00
- Operations: \$948.46

Our resources allow us to continue providing accessible wellness programs and community events throughout San Antonio.

Looking Ahead

As we continue to grow, Move Club San Antonio remains committed to expanding access to wellness opportunities throughout our community.

Our goals include:

- Expanding wellness education programs
 - Growing community partnerships
 - Increasing volunteer opportunities
 - Hosting our Annual HealthFest
 - Reaching more San Antonio residents through movement and wellness programs
-

Thank You

Our impact is possible because of our community.

Thank you to every participant, volunteer, partner, donor, and supporter who continues to help Move Club San Antonio create healthier communities.

Together, we move forward—one step at a time.

Move Club San Antonio

Building a healthier San Antonio through movement, wellness, and connection.