

KID-FIT

VIRTUAL STUDIO



Introducing our brand new...

“Students With Disabilities Collection”

Activities designed specifically for children with unique challenges. Play these on-demand videos with your child and enjoy a variety of fun fitness exercises.

Videos are:

- Taught by fitness professional Michele Silence, working with children since 1994
- Simple, with limited talking
- Require little if any equipment
- Categorized according to warm up, sports, balance, aerobics, strength, stretching and mindfulness
- Short, each only a few minutes long
- Lively, original music
- Closed captioned in English and Spanish!



Join our monthly
FREE Zoom Training!
Learn how to use the activities and
customize them for your child.
RSVP Now: 626-359-8535



Try first **30 days FREE** - Then only \$59.99/month

New videos added regularly

Questions? Email Michele at: michele@kid-fit.com