

2021

Interactive Media Design

Wellness + Fitness



REMOTE RECESS.

Fitness and Wellness Virtual Classes.

FITNESS FOR EVERYONE.

Fit&Flow. Is a 45 minute virtual fitness experience that addresses health and exercise equity by offering an easy to use online series of movement classes.

We offer On Demand and Livestream experiences where students learn different work out modalities and mindfulness practices that can easily be implemented in to day to day life.

Physical fitness has been definitively tied to improved academic achievement — and some schools are starting to take notice.

Research shows the social and psychological benefits of 15-30min fitness or movement breaks, school districts that have added more physical activity to their daily schedules in the hope of improving academic performance have also seen measurable changes.



PROGRAM OPTIONS.

Premium Plus -

Livestream with Host.
6-week block, 2 classes per week
plus 1-year subscription to Pro Standard

Premium -

Broadcast with live support.
6-week block, 2 classes per week;
once complete: option to renew 6-week subscription OR purchase annual subscription to Pro Standard at 50% discount

Pro Standard -

One year, On-demand access to video library, with training support

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