



KU V-FIT Program

- ◆ KUMC's Division of Physical Activity and Weight Management offers a new virtual group fitness program for adolescents and adults with intellectual and developmental disabilities.

◆ Program Details

- ✓ Created for adolescents and adults with an intellectual and developmental disability ages 13+
- ✓ Classes taught over the free video conferencing application Zoom®
- ✓ Types of exercise: Aerobic, Strength, Endurance, Dance based
- ✓ Weekly 35 minute classes
- ✓ Group format to promote social interaction
- ✓ \$20 Monthly Unlimited Membership

- ◆ Current class times are Monday 4:30-5:05 pm and Thursday 5:00-5:35 pm



Learn More

Please call 785-764-3574
or Visit kuadrc.org/vfit

For questions and more information
please contact Jessie at:



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785-764-3574