



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 or \$6 per class

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

Visit kuadrc.org/vfit
to Sign Up Today!



For questions and more information contact Jessie at:



jdanon@kumc.edu



785-764-3574