



Interactive Media Design


GENERATION  
SCHOOLS NETWORK

Generation Schools Network Presents:

# REMOTE RECESS

Generation Schools Network is proud to partner with Interactive Media Design to provide Fit and Flow, a virtual fitness program, that empowers youth through a wellness journey, regardless of location, age, background or income.

- Livestream classes with professional instructors weekly.
- Fit and Flow can be used in PE classes, as a brain break activity or as a virtual activity with families at home.
- Program management support included at every step of the way.
- Variety of programming for middle school ages and up including Dance Fit, HIIT and Barre classes.
- **FREE** 6 week programming to schools who contact us.

 6 week sessions

 2 classes / week



FIT & FLOW  
VIDEO HERE >

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