

FITNESS PROGRAM



FitMe

FitMe at VanDuraFit is a small group fitness instruction for children and teens with special needs. Led by a pediatric physical therapist, groups of up to three individuals will participate in strength, endurance and flexibility activities incorporating coordination, balance, socialization and fun.

Individual fitness classes are also available; please contact the instructor for more information. For questions, comments, and/or to schedule the initial consultation, please email Erin at: fitme@vanDuraFit.com (link sends e-mail).