Virtual Family Fitness Options
#VirtualMV

**Young Kids Fitness**
- Yoga: [https://www.youtube.com/watch?v=X655B4ISakg](https://www.youtube.com/watch?v=X655B4ISakg)
- Dance Party: [https://www.youtube.com/watch?v=388Q44ReOWe](https://www.youtube.com/watch?v=388Q44ReOWe)

**School-Age Dance Party**
- [https://www.youtube.com/watch?v=TgcwKrf8wHM](https://www.youtube.com/watch?v=TgcwKrf8wHM)
- [https://www.youtube.com/watch?v=sHd2s_saYsQ](https://www.youtube.com/watch?v=sHd2s_saYsQ)

**Family Workout**
- [https://www.youtube.com/watch?v=L_A_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)
- [https://www.youtube.com/watch?v=dhCM0C6GnrY](https://www.youtube.com/watch?v=dhCM0C6GnrY)

**P.E. with Joe (Family Fitness)**
- [https://www.youtube.com/watch?v=Rz0go1pTda8](https://www.youtube.com/watch?v=Rz0go1pTda8)
- [https://www.youtube.com/watch?v=6v-a_dpwhro](https://www.youtube.com/watch?v=6v-a_dpwhro)
- [https://www.youtube.com/watch?v=4wzoy_J3I_c](https://www.youtube.com/watch?v=4wzoy_J3I_c)
- [https://www.youtube.com/watch?v=-8o8wMqAT-Y](https://www.youtube.com/watch?v=-8o8wMqAT-Y)
- [https://www.youtube.com/watch?v=qGKGNzNbWjU](https://www.youtube.com/watch?v=qGKGNzNbWjU)

**Kidz Love Soccer**
- [https://www.kidzlovesoccer.com/class_online.php](https://www.kidzlovesoccer.com/class_online.php)

To Connect with our Personal Trainers & Instructors, click this link [GetFitMV](https://www.getfitmv.com)
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Hip Hop Fit Workout
https://www.youtube.com/watch?v=ZWk19OVon2k

HIIT
https://www.youtube.com/watch?v=b5CEILK8kJA

Zumba
https://www.youtube.com/watch?v=jZ668VNtdUc

Jazzercise
https://www.facebook.com/jazzerciseondemand/

RIPPED
https://www.youtube.com/watch?v=6f55xUcdkb8

Tai Chi
https://www.youtube.com/watch?v=YFo4-FQNmbw

For more fun ideas, visit our Virtual Activity Center for weekly updates!

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