


A group of children in a gymnasium, some in a plank position, with a girl in a pink shirt in the foreground.

VIRTUAL GROUP FITNESS FOR KIDS

Level 1 Age group: 7 - 14

A portrait of actor Robert Urich, smiling and resting his head on his hand.

"A healthy outside starts from the inside"
- Robert Urich

About the Institution and program:

Kleinetics, a fitness organization for kids, was founded by Tejal Kanwar, a healthcare professional, who's been a surgeon for the past 18 years. The organization was founded to help and monitor the lifestyle practices affecting children in India. In a short span, Kleinetics achieved great success and has been crowned as the top kids' fitness system in the country and has been declared as the Best Physical/Sports Education Program of 2020.



Total Sessions **10**



Sessions per week **N/A**



Age group **7-14**



Strength **N/A**

Program Description

Physical fitness helps to improve the overall well being of a child. It is very essential for every child to take part in a physical activity on a daily basis to lead a strong and healthy life. Through this program children will be able to take part in an array of fitness activities right from the comfort of their home. These activities will enable your child to stay physically fit and mentally active which will reflect in their ability to function efficiently in all their day to day activities.

Learning Outcome

Children will learn to be more in control of their physical abilities namely: balance, coordination, strength, speed and endurance. This will further improve their academic performance and their cognitive functioning.

Skills Impacted

Endurance, agility, body control, team spirit and cognitive skills.

What will be covered :

The program will comprise:

- 1) Warm-ups: Light exercises to loosen up the body.
- 2) Fun drills from Tabata/dance/football/kickboxing/animal: Fun exercise routines to engage kids in a stimulating manner.
- 3) Crawls/HIIT: Exercise routines which comprise full body workouts.
- 4) A group game: Games to ease out of the workout.
- 5) A yoga-inspired cool down: The session will be culminated with a yoga inspired cool down.

About Bambinos

Bambinos is a venture started by IIT-IIM Alumni with experience of building highly successful companies such as Amazon, Cure.fit and Flipkart.

We are working with a vision to make children future-ready and help them to explore their true potential. At Bambinos, we take a holistic approach towards child learning and development by bringing together all aspects of right parenting onto a single digital platform. Right Parenting for us means right education, right skill- building, right physical and right mental health development. If you want to know more about us or want to work with us please write to us at ashish@bambinos.in

Our Programs

We have classes across art & craft, dance, music, coding, sports, fitness, online pre-school and many more for 3-15 years of age group. Our flexible subscription programs let kids explore different hobbies at the same platform and build their passion.

Contact us at: +91 9880712456
www.bambinos.in/sign-up