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Amanda Frolich, London's premier children's entertainer and fitness guru, promotes the importance of a healthy lifestyle and encourages families to get fit together using funky music and interactive activities that kids just love.

0-5 Alive! Family Fun Days:

Bringing families together through fitness and fun:

- ★ Amanda's at Chelsea Football Club, Sunday 13th July, 11:00am - 2:00pm



0-5 Alive!
amanda Family Fun Day

Children's Birthday Parties for Ages 1-6 yrs

- ★ Expect high-energy, physical activities, fun, fitness and music

Baby and Toddler Interactive Classes

- ★ A sensory extravaganza, baby and toddler workout, using music and unique props

See more details @ www.amandasactionkids.co.uk