



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.



**CALL US TODAY**  
**07946 707695**  
**0208 578 0234**

**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

**Pay as  
You Go  
Classes**



**See more details @ [www.amandasactionkids.co.uk](http://www.amandasactionkids.co.uk)**