

Summer Family Yoga Fun 2016



- **Family Yoga** (Kids 5-11 yr. old with family Members)
Starting from 7/14th-8/24th (Select 7 – 5 weeks option)
Wed. 9:30-10:30pm
Wed. 12:30-1:30pm
Sat 12pm (May have) --- ask the option.
- **Mom & Me Fun Fit** (from 11 moths /Toddler – 4 yr. olds)
Thurs.11:30am-12:30am
Sun. 10:45-11:45am
- **Mom & Baby Yoga** (from 2or 3 months – until crowing)
Mon. 12-1:15pm
- **Pregnancy Yoga**
A new class –Tue. 7-8:20pm @ Baldwin Location
Wed. 6-7:15pm