

Family & Me

Intro to Exercise

Ages: 4 Months to 4 Years

This class includes families and children exercising together to introduce and encourage little ones, through play, song, and lots of



Starts September 6th and 7th

Classes will run for 6 weeks, at two different times:

Thursday: 4:30 p.m. – 5:00 p.m.

and

Friday: 10:30 a.m. – 11:00 a.m.

