

**We are pleased to announce classes this Spring at
Bare Fitness Health and Fitness Club**

Class Schedule

Mondays

10:00am ~ Parent/Child Yoga

Toddler Yoga / Preschool Yoga (16mos - 5 yrs.)

Parent and child(ren) will participate in an age appropriate, theme orientated yoga class. Yoga poses, games, chants, nursery rhymes, music, relaxation & breathing techniques will be a part of every class.

Tuesdays

5pm ~ School Aged Yoga (5yrs. - 12 yr. Olds)

Children will participate in an age appropriate yoga class that introduces basic yoga poses & postures, breathing and relaxation techniques, yoga games, elements of math, science, geography and more...

5:45pm ~ Family Yoga (Parents & Children of all ages)

Parent and child(ren) will participate in an age appropriate, theme orientated yoga class. Yoga poses, games, chants, nursery rhymes, music, elements of math, science, geography. relaxation & breathing techniques will be a part of every class.

Saturdays

11am ~ Family Yoga (Parents & Children of all ages)

Parent and child(ren) will participate in an age appropriate, theme orientated yoga class. Yoga poses, games, chants, nursery rhymes, music, elements of math, science, geography. relaxation & breathing techniques will be a part of every class.

Spring Session 12 week session March 1 - May 28 (no classes 3/29-4/5)

Parent/Child Yoga: 1 child ~ \$216/ 2 children ~ \$324 School Aged Yoga ~ \$192
(Bare Fitness members will receive a 10% discount)

Parent Name~ _____

Child's Name~ _____ Child's birth date _____

Address~ _____

Home Phone~ _____ Work Phone~ _____

Email address~ _____ Cell Phone~ _____

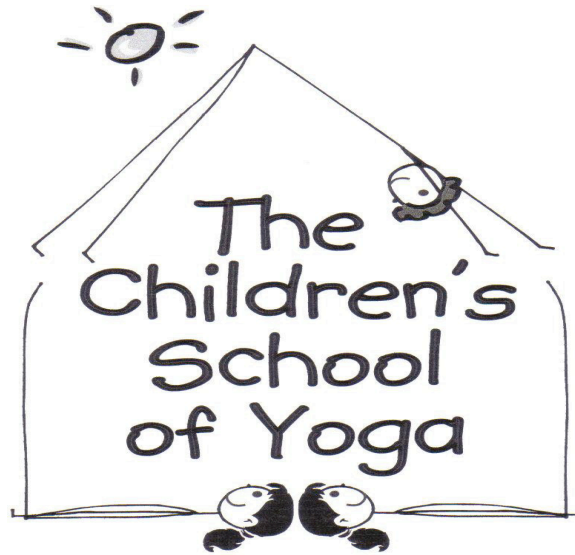
Class Registering for~ _____

CC# _____ Name on CC _____

CC expiration date _____ CC Security Code _____

Signature~ _____ (Checks gladly accepted)

Registrations are mailed directly to:
The Children's School Of Yoga, 2 Lake Street, Monroe, NY, 10950 845-782-YOGA(9642)



****Class size is limited !! Call to pre- register !! Class schedule may change based on enrollment...***
Registration's are due by the first day of session. Please make checks out to The Children's School Of Yoga*

YogaKids.