



## fitness classes for kids!

### Little Yogis Yoga

Little Yogis Yoga: We move, stretch and breathe to energize and balance the nervous system. We practice fun themed and flowing sequences with partner yoga and group poses. We end with deep relaxation and meditation.

This class is for children ages 5-12.

### Peewee Pose & Play

Peewee Pose & Play is a fun interactive 45-minute yoga class geared toward potty trained 3-6 year old students. Through stories and books, children will strengthen their bodies, build balance, and learn to focus using breathing and relaxation techniques. Social skills will be built during group activity time where each child will create a take home project.

### Mommy & Me Fitness

This is not a yoga class.

Mommy and Me Fitness class is designed to offer mothers a workout while bonding with their child/ren. This class may be circuit style or group class targeting all areas of the body. Moms of all fitness levels are encouraged to join. Strollers, baby wearing and littles on the loose are encouraged.

This class is designed for children ages newborn to 6 years old.

*If your child is over 6 and would like to work out next to you that is fine too!*

View the weekly schedule & sign up for classes on  
**MINDBODY | [downtownyogabarre.com](http://downtownyogabarre.com)**

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