

Junior Fun Fitness

AUGUST 2019

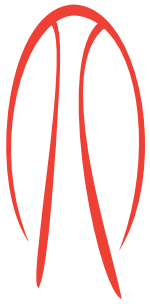
THURSDAY

5:30–6:25PM

Kids Yoga

Ages 4–8

Ashley



SPORTSPLEX

****KIDS WILL MEET THE INSTRUCTOR IN THE CAFE TO GO TO CLASS****
Please **DO NOT** wait outside the Wellness Studio

**Register for Kids Yoga on
the SPX APP or reception
desk**

Class is held in the Wellness Studio

KIDS YOGA: Guides children in exploring the practice of yoga in an fun, age-appropriate, creative, and nurturing way. Children will be taught the basic yoga poses, so that they may keep their bodies healthy, cultivate self-esteem, cope with life stresses more effectively and aid in their balance and coordination.