

yoga kids



Ages 5 – 10 yrs
June 12th – July 1st
Fridays, at 10:15
Parkway Nautilus

Members: \$20
Non-members: \$35

ALL proceeds from this
class will be donated to
The Children's Advocacy
Center of Grayson County

Develops creativity & imagination

Promotes calmness and relaxation

Encourages positive social interaction

Develops character & emotional intelligence

Sharpens & improves body awareness

Promotes balance, flexibility, coordination, & strength!

Class size is limited! Sign up today at the front counter

Instructor: Teresa Hall has a Master's Degree in Exercise Physiology and holds over 20 professional fitness certifications including 6 Yoga Certifications and YogaFit Kids!