

# ANNOUNCING: KIDS CLASSES AT THE STRENGTH STUDIO!

Offered by: Yoga with Danielle, Gaylor - CYT (Certified Yoga Teacher) and Zumba Instructor



## LITTLE KIDS (3 – 5 years old)

5 Week Children's Yoga Class

Fridays from February 4<sup>th</sup> through March 4<sup>th</sup> from 11am to 11:30am

\$35 for the 5 week session

*During class children will...*

- Engage in playful yoga poses, animated breathing exercises, imaginative relaxation, and meditation techniques.
- Discover how to have fun through music, movement, games, storytelling, laughter and (YES!) even silence.
- Learn how to find new and exciting ways to explore their creative potential of body and mind!

*Benefits of Children's Yoga...*

- Develop flexibility, strength, coordination and body awareness.
- Improves concentration, creativity, and cultivates calmness and relaxation.
- Children will learn how to release and cope with stress.

*And...*



*Music! Dance! Fitness! FUN!*

## BIG KIDS (4 – 8 years old)

5 Week Kid's Zumba Class

Fridays from February 4<sup>th</sup> through March 4<sup>th</sup> from 4pm to 4:30pm

\$35 for the 5 week session

Zumba with a fun "kids-like" flare!!! Boy and girl dancers are given the opportunity to get moving and get in shape with great music and a lot of fun! With childhood obesity on the rise, help your children have fun and to stay fit, too!

This 5 week 30 minute class will have the kids burning off their energy with a warm up, cool down and exciting dance routines in between!! **Get your kids moving!**

For more information  
contact Danielle directly at  
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