

Mommy and Baby Yoga



Congratulations on the birth of your new baby. Are you ready to strengthen and support your post-partum body?

This class is a great way to meet other moms while bonding with your baby in this special yoga class designed just for new mothers and infants.

Every class will devote time for baby yoga exercises to aid in digestion and promote better sleeping patterns. All levels of yoga are welcomed. Dress comfortably and bring a blanket for your little one.

Ages:
3-14 months

Cost:
Residents \$40
Non-Resident \$55

Hill Street Community Center

Time:
Wednesday, 3-4pm

Date/Barcode:
192826 September 7-28
192827 October 5-26
192828 November 2-30

Greystone Community Center

Time:
Tuesday, 10-11am

Date/Barcode:
194069 September 6-27
194070 October 4-25
194071 November 1-22
194072 November 29-December 20