



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Fitness

Little Lotus Yoga Ages 3-5

Join us for 45 minutes of gentle yoga designed for children and their parents. Learn basic poses, use your imagination and create healthy habits through exercise and play.

Yoga class to include physical practice and quiet time to help children learn to focus and be calm.



FREE CLASSES TO Y-MEMBERS

Tuesday 10:15 - 11:00 am

Instructor: Jaymee

70102	January 3 - 31	\$0 M/\$35 PM
70202	February 7 - 28	\$0 M/\$28 PM
70302	March 6 - 27	\$0 M/\$28 PM
70402	April 3 - 24	\$0 M/\$28 PM
70502	May 1 - 29	\$0 M/\$28 PM

For more information, contact
Michelle Horn, Healthy Lifestyles Associate
(541) 440-9622 ext 210.

Central Douglas County Family YMCA
(541) 440-9622 www.ymcaofdouglascounty.org