

Julie's Fitness Studio Presents:

SUMMER 2017
MOMMY & ME PROGRAM

June 5th, 12th, 19th & 26th

Julie's Fitness Studio

6763 Providence St., Whitehouse OH 43571

This program is designed for children who are walking up to 4 years old. It gives moms a chance to spend quality time with their younger child in a safe, enclosed environment. This is a professionally structured exercise program for moms and children. During these sessions we will be working on gross motor skills including a fun obstacle course. We will also be participating in music and movement.

As a former preschool teacher, I understand what it takes to engage children and make learning fun! I will be leading the class and will require all moms to stay with their children and help them with whatever is necessary, as it is a **Mommy & Me** class. 😊

Time: 10:30-11:30am

Price: \$10 per session (Babysitting will be provided for older siblings ages 5-10yrs at a cost of \$5.)

Email Julie: juliesfitstudio@gmail.com

Phone: (419) 350-7426



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