



## July 12th - August 4th

Mom & Me Yoga lets you and your child create a special bond. It puts you and your child in a calm, focused environment to learn single and partner poses together. Mom & Me Yoga will improve over-all strength, balance, flexibility and coordination. Join Cressie McClatchy, Certified YogaFit Instructor, to explore the benefits of yoga with your child.

TUESDAY: 10:30AM or 4:30PM

THURSDAY: 10:30AM or 4:30PM

**\$80**

8 Classes  
2 days a week

Health Club MEMBERS

**\$40**

4 Classes  
1 day a week

**\$120**

8 Classes  
2 days a week

NON-MEMBERS

**\$60**

4 Classes  
1 day a week

Age's 3+ GIRLS & BOYS

SACMC is owned in part by physicians.

# MOM & ME YOGA

