



MOMMY & ME CLASS

BUILDING BABY BONDS



A NEW GROUP EXERCISE CLASS FOR NEW MOMS AND NON-CRAWLING INFANTS

TUESDAYS & THURSDAYS

11:00 AM – 12:00 PM

IN THE WELLNESS ROOM

WHAT TO BRING:

- **BABY**
- **CAR SEAT OR SMALL STROLLER**
- **SMALL TOYS FOR BABY**
- **MOM READY TO WORKOUT!**

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