



jr. yogis

Jr. Yogis promotes health and fitness at an age as early as 3 months by using integrative nursery rhymes and age appropriate poses. Each class builds on to the next with development in sensory and body awareness, strength, mobility, and confidence. With the stress of the outside world little ones benefit from relaxation methods and learning how to get back to a calming state by becoming emotionally aware. As the yogis grow throughout the program, sensory games and challenging poses are implemented to ensure continued progress.

- Adaptable for all age groups!
- 20 – 30 minute classes!
- Fun songs and games that go along with each pose.
- Unique way to introduce fitness to a very young age group
- Learning while moving – improves senses, body awareness, and emotional awareness
- Develops strength, mobility, and confidence at all ages
- Promotes improved sleep and relaxation at all ages!
- Improves digestion in infants and toddlers
- Taught by professional coaches and instructors!

Pre K and School Age Demos –
Parents welcome!

Monday, September 8th @ 2:45 pm

Classes begin:

Monday, September 15th @
2:45pm

Price: \$60.00/month!



Email Coach Morgan at morgan@jrelitefitness.com for additional information and questions.

Sign up early at the front desk!

