

Mom & Me Baby Yoga

ABS and Butt



Transform your body. Revive your spirit
& Connect with Moms

Cheeky Monkeys Playland is very excited to work with **FITTogether** to keep our moms healthy and strong! Chill out while you work out with this MELLOW but CHALLENGING combo of YOGA and PILATES inspired movements focusing on abdominal, hips & leg area.

X8 Week Session January 13th – March 3rd

XFor Babies 6wks to crawling

XThursdays 10:30am-11:15am

X\$80 plus HST

**XFREE BABYSITTING for Siblings with paid HALF PRICE
admission to playground**

XRegistration required

Cheeky Monkeys Playland - 905 358 7978

4465 Drummond Road, Niagara Falls