



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROW, LEARN, CONNECT

## FAMILY YOGA CLASS

### Mind & Body Special Class WAUKEE FAMILY YMCA



Connect with your family through yoga! Join Billi H. for this playful yoga class – bring your family and take a break from the distractions of everyday life. Enjoy this fun opportunity to observe and learn together. Experience the benefits of yoga and share them with those who are special to you!

- This class is intended for children ages 6 years and up.
- Children must attend with a parent or guardian.
- No experience necessary—all equipment will be provided.

**WHEN:** Saturday June 8, 2019

**TIME:** 11:00am—11:45am

**FEE:** Only \$5 per family (up to 5 people) for YMCA MEMBERS!

**LOCATION:** WAUKEE FAMILY YMCA—MIND/BODY STUDIO

Please register by Thursday June 6 at any YMCA Welcome Center.  
Registration will ensure that we have materials for all participants.