



## Infant & Toddler Yoga

**What It Is:** Join us for an interactive class incorporating movement, yoga, music & fun! Class is approximately 45 minutes.

**What To Bring:** Your child & your self! A yoga mat (optional), clothes you can move around in.

**Reserve Your Spot:** Class space is limited, please call 523-1160 to reserve your spot in class.

**Locations:** The Fieldhouse Sports Center 2235 W. Kingsley 65807 (come in the west doors, not the front)

East Side Jazzercise 2732 E. Chestnut Exp. 65802

**Cost:** FREE

### Which class should I attend?

Both ages groups are adult/child interactive. **Infant:** Ages 6 weeks to walking. Please bring a yoga mat or a blanket. **Toddler:** This class is for toddlers who can walk well up to two year olds.

## Fall 2019 Schedule

### Fieldhouse:

#### September:

Friday 6th 9:30 & 10:30 Toddlers

Monday 9th 5:30 Infants, 6:30 Toddlers

Friday 20th 9:30 Toddlers, 10:30 Infants

#### October:

Friday 4th 9:30 & 10:30 Toddlers

Monday 7th 5:30 Infants, 6:30 Toddlers

Friday 18th 9:30 Toddlers, 10:30 Infants

#### November:

Friday 1st 9:30 & 10:30 Toddlers

Monday 4th 5:30 Infants, 6:30 Toddlers

Friday 15th 9:30 Toddlers, 10:30 Infants

#### December:

Monday 2nd 5:30 Infants, 6:30 Toddlers

Friday 13th 9:30 Infants, 10:30 Toddlers

### East Side Jazzercise:

All classes on Wednesdays at 9:45 for Toddlers

September 18th

October 16th

November 20th

December 18th

Brought to you by Springfield Parents as Teachers

Instructor: Lacey Hufford

Questions: Email [lrhufford@sps.org](mailto:lrhufford@sps.org)

(Watch the Springfield MO Parents as Teachers Facebook for any schedule changes)



Parents as Teachers®