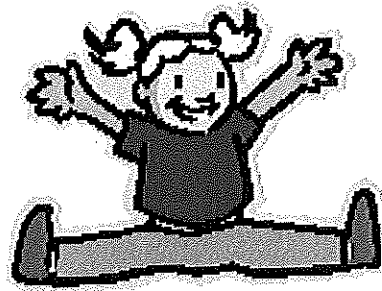


Fitness for Fun

A fitness class
for children ages
8 and older



- Includes a warm-up, stretching, endurance, agility, balance, flexibility, speed and a cool down
- All fitness levels are welcome



Classes offered
on Thursdays,
open to children
ages 8 to 11

Oct. 13 to Nov. 17, 2011
4:30 to 5:30 p.m.

Keating Conference Room
12 Alfred Street
Baldwin Park I, Woburn

Cost: \$50 per child
(Six-week session)

For more information
or to register,
please call (781) 756-4700.



Yoga for Kids

Yoga is a wonderful practice that strengthens the body, relaxes the mind, helps us learn to control our breathing...and it's fun, too!

Kids love learning to use their bodies in new and fun ways. This class will teach traditional yoga to kids in a fun and lively manner.

This class is suitable for children ages 6 to 10 who have:

- asthma
- allergies
- trouble relaxing or calming down



Classes end with quiet time that allows children to relax.

Classes offered
on Mondays
for children
ages 6 to 10

Nov. 14 to Dec. 12, 2011

3:30 to 4:30 p.m.

Keating Conference Room

12 Alfred St.

Baldwin Park I, Woburn

Cost: \$75 per child
(Five-week session)

For more information
or to register,
please call (781) 756-4700.

