

COMPLIMENTARY

Yoga for Kids

Yoga for Kids is back! Yoga is a wonderful tool that can help children develop discipline, be physically active, enhance concentration and reduce stress. Join us for Mindful Mondays!

No experience needed. Instructor: **Gina Gellar**

Mondays 3:45-4:15pm (ages 3-5) | 4:15-5:00pm (ages 6-10)
Studio 2



ages
3-10
years

CONTACT

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**GREENWOOD ATHLETIC
AND TENNIS CLUB**