



School is out! Get outside! Get moving!
FUN! FIT! HEALTHY!

Summer Program 6 Week Session

Kids-Move Fitness (ages 3-6)

The children build on their fine and gross motor skills through movement, activities and games. As they move and exercise, little seeds of nutrition and health will be planted into their growing minds!

Little Sun Yoga (ages 3-8)

The use of animated poses and stretching exercises promote strength, flexibility, coordination and body awareness. Kids-Move! Yoga is a fun, creative approach to yoga. Your children will learn how to focus, relax, and develop self-control.

Mommy-Moves Stroller Class

Mommy-Moves! stroller classes consist of strength training, cardiovascular activity, and flexibility training for Mom all while the little one tags along in the stroller! Mommy-Moves classes also held in Middletown/Holmdel, Long Branch Boardwalk and Spring Lake, see schedule for additional classes.

FUN Kids-Move! Package

Kids-Move! Fitness OR Kids-Move! Yoga
\$90

SUPER FUN Kids-Move! Package

Kids-Move! Fitness AND Little Sun Yoga
\$162

FUN and FIT Package

Kids-Move! / Mommy-Moves!
Kids-Move! Fitness or Little Sun Yoga
1 Mommy-Moves! Stroller Class
\$162

SUPER FUN and FIT Package

Kids-Move! - Mommy-Moves!
Kids-Move! Fitness and Little Sun Yoga
2 Mommy-Moves! Stroller Classes
\$300

Combo Class Schedule

Meadow Ridge Park, Fair Haven, NJ

Wednesday: Kids-Move! Fitness / Friday: Little Sun Yoga
July 8th to Aug 12th 9:30AM – 10:30AM

See individual websites for additional classes and programs!

To register:

Kids-Move and Mommy-Moves

Mary Patterson at 732-320-5166 or mary@kids-move.com

Lori Sawyer 732-539-7711 or lori@mommy-moves.com

Or for Little Sun Yoga

Marissa Spano info@littlesunyoga.com

Lead the fight in childhood obesity and get those kids moving now!
www.kids-move.com / www.mommy-moves.com / www.littlesunyoga.com