










# March 2011

50% discount on Play Pass if class or seminar attended

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	27:00pm – 8:00pm 	3	4	5 Closing at 5:00pm for private party	6 Closing at 4:00pm for a private party
7	8	9 Dr. Shawna Dingman Iron Clad immune system for your baby and toddler 10:30am \$5/per person	10 9:45am – 10:45am 	11 Closing at 6:00pm for private party	12 Closing at 5:00pm for private party	13 Closing at 4:00pm for a private party
14	15 Mom and Tots Yoga 11:00am – 11:45 ONE CLASS ONLY Ages 2 – 5 \$10/per person	16 7:00pm – 8:00pm  Zumbatomic DEMO for only \$5  4:15: - 5:00pm ages 4yrs+	17 9:45am – 10:45am 	18	19 Closing at 5:00pm for a private party	20 Closing at 4:00pm for a private party
21 Mommy and Baby Yoga 10:30am Zumbatomic 4:30: - 5:15pm 4yr + 	22	23 7:00pm – 8:00pm 	24 9:45am – 10:45am 	25 Mommy & Me baby yoga 11am – 11:45am  Closing at 5:00pm for a private party	26 Closing at 5:00pm for private party	27 Closing at 4:00pm for a private party
28 Mommy and Baby Yoga 10:30am  Zumbatomic 4:30: - 5:15pm 4yrs + 	29	30	31			

## Tuesday March 16<sup>th</sup> DEMO CLASS



**EVENT: Zumbatomic**  
**TIME: 4:30pm – 5:30pm**  
**COST: \$5 per child**

You've tried Zumba and loved it, now it's time for your kids to get in on the fitness and fun. Judy Coffee, official Zumbatomic instructor, will conduct a Demo class for your kids .. Fun filled dancing that will leave your kids exhilarated and exhausted the best combination. Try this class before you register.  
Please Pre-register for attendance purposes

## Monday March 21<sup>st</sup> (Running for 6 weeks):



**EVENT: Zumbatomic**  
**TIME: 4:30pm – 5:30pm**  
**COST: \$48 for the 6 weeks (\$8 per class)**

You've tried Zumba and loved it, now it's time for your kids to get in on the fitness and fun. Judy Coffee, official Zumbatomic instructor, will teach you kids to zumba at their level. Fun filled dancing that will leave your kids exhilarated and exhausted the best combination.  
Please Pre-register

## Monday March 15<sup>th</sup> (ONE CLASS ONLY)

**EVENT: Moms and Tots Yoga**  
**TIME: 11am – 11:45am**  
**COST: \$10**

Yoga with your toddler, it is possible. Come early to play at the Funnery (get the play ground out of their system) and then join the fabulous yoga class specially geared for ages 2 – 5  
Pre-registration is a must for attendance purposes

## Monday March 21st –May 2nd (Running for 6 weeks):

**EVENT: Mommy and Baby Yoga**  
**TIME: 10:30am – 11:15am**  
**COST: \$48 +HST for 6 weeks (\$8 per class)**

Elan is back by popular demand. Bring your baby, under the age of crawling, for this amazing body and mind fitness for new moms.  
Must pre-register

**Friday March 25th –May 6th (Running for 6 weeks):**

**EVENT: Mommy and Baby Yoga**

**TIME: 9:30am – 10:15am**

**COST: \$48 +HST for 6 weeks (\$8 per class)**

**Bring your baby, under the age of crawling, for this amazing body and mind fitness for new moms.**

**Instructor: Charlene**

**Must pre-register**

**Wednesday March 9th**

**EVENT: Building an Iron Clad Immune system**

**TIME: 10:30am**

**COST: \$5**

**Dr. Shawna Dingman is back with us again this March to help you make all the right choices for your baby and toddler.**

**Building an iron clad immune system and answering other health related questions.**