

# Parent/Child Workout

**NOW REGISTERING for February Classes**

**Parents and Children ages 6-12**

When most adults think about exercise, they imagine working out in the gym on a treadmill or lifting weights. But for kids, exercise means playing and being physically active whether that be recess at gym class, dance lessons, or playing tag with friends.

We invite you to come play and exercise with your child! Spend time with loved ones while learning the importance of being physically active.

***Sign-up at the YMCA front desk.***

***Members: \$30***

***Non-Members: \$60***



***Feb 6: Yoga***  
***Feb 13: Swimming***  
***Feb 20: Wii Fit***  
***Feb 27: Dance Cardio***  
***9:00—10:00 am***



For more information contact:

Ashley Hoffman at [ashleyhoffman@columbiaymca.org](mailto:ashleyhoffman@columbiaymca.org) OR 799-7159 ext. 25

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all