



Come in and try our classes.  
All classes are **FREE** in the month of February!  
(When you pay in advance for March)

# **NEW YEAR.....NEW CLASSES!! STARTING FEBRUARY 2012**

*Mommy & Me classes  
for you to enjoy!!*



## **TuTu Tots**

A great start for a budding ballerina and fun for parents too. Dancers will delight in a sense of movement. This is a marvelous introduction for little ones to acquire confidence and motor skills, as well as strength, rhythm and coordination. Parents assist dancers in learning basic ballet positions, short dances and more!

Presented by Studio K Dance Center

*Feel great in the  
new year!!*



## **Sit to be Fit**

Whole body chair yoga, designed for anyone, no matter what your age or physical condition. A gentle yoga using a chair for support, not on the floor! This is the class for beginners to increase overall health, strength and flexibility!