



LITTLE GROOVERS

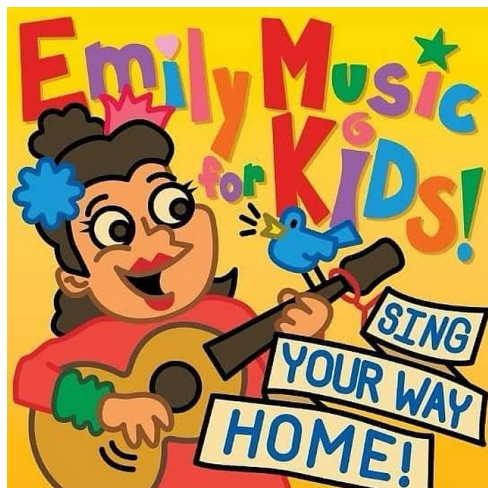
WITH EMILY

Move, dance, and bond in this Mommy & Me class designed to get little bodies moving and growing together! Little Groovers builds coordination, confidence, and connection through music, movement, and playful activities you'll enjoy side by side.

Families with kids ages 0 - 5 years old

Join us for FREE for our First Class!
Wednesday, November 4th at 10:30am
Kids Club

Continue the fun with weekly Mommy & Me classes led by Emily focusing on rhythm, balance, and playful movement



6 Week Session:
Nov. 4 - Dec. 16

(No Class Nov. 27)

Wednesdays at 10:30am

Members \$75 Non Members \$100

Register on the All Sport App or

Visit/Call the Front Desk at 845-896-5678

ALLSPORT KIDS!

#845-896-5678 • allsporthealthandfitness.com
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