

# POSTNATAL & Classes for All



September-December 2019 See Website for Schedule Changes or Updates

Burlington 20 Kilburn St.

Essex Junction 37 Lincoln St.

Tues. 10 am Yoga

Tues. 11:15 am Free Baby

Playgroup

Wed. 3 pm Infant Massage (pre-reg. series)

Thurs. 10:45 am Yoga

Fri. 9 am Free Parent Walking Group

Fri. 12 pm Strength Training (pre-reg. series)

Sun. 11:30 am Yoga

## EVOLUTION

PRENATAL + FAMILY YOGA CENTER

802.899.0339

*Our Essex studio welcomes ALL people, not just new parents, to our classes. Those with pre-crawling babies may bring them into class.*

Mon. 10:45 am Strength Training w/ Childcare for Crawlers/Up

Mon. 12:15 pm Infant Massage (pre-reg.)

Mon. 1 pm Free Baby Playgroup

Wed. 10:45 am Yoga w/ Childcare Crawlers/Up

Thurs. 9 am Free Playgroup Crawlers/Up

Fri. 10:45 am Yoga w/Childcare Crawlers/Up

Sat. 9:45 am Yoga

Sat. 11:15 am EveryBody Yoga for Adults. Babies & Kids Welcome!

Sun. 4 pm Sweat & Restore Yoga

[www.evolutionprenatalandfamily.com](http://www.evolutionprenatalandfamily.com)