



Have Fun, Get Fit!

Baby + Stroller + Yoga + Outdoors = Perfect Workout for Moms (Dads, too!)
No babysitters required!

Your mind, body + baby will love you for it!

JANUARY 2011 "Winter" Stroller Yoga Class Schedule

Winter classes will meet outdoors if weather permits. Otherwise, a combination cardio/yoga or baby & me yoga class will be held at indoors at Studio Asana. **Please pre-register** in order to receive updates on meeting location.

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 17 th	Jan 18 th Noon - Pentathlon Training (75 minutes)	Jan 19 th	Jan 20 th Noon - Pentathlon Training (75 minutes)	Jan 21 st
Jan 24 th	Jan 25 th Noon - Pentathlon Training (75 minutes)	Jan 26 th	Jan 27 th Noon - Pentathlon Training (75 minutes)	Jan 28 th

Pentathlon Training sessions will meet at the Rodeo grounds at Howelsen.

From Lincoln (Hwy 40) go south on 5th Street and cross River Road into the Rodeo parking lot. Park to the right.

LOCATION UPDATES WILL BE COMMUNICATED VIA TEXT SO BE SURE TO REGISTER & PROVIDE YOUR MOBILE #.

Also Join us on Facebook (search Ski Town Stroller Yoga)

Winter Stroller Yoga GEAR Requirements: Snow-packed conditions require either stroller with ski attachments or child backback or carrier. Always clothe your child in plenty of layers, hat & gloves/mitts.

Advance registration required. **To Register:** call/text (970) 367-6511 or email kaela@skitownstrolleryoga.com
Check out the website for class descriptions & other details: www.skitownstrolleryoga.com
INDOOR SESSIONS meet at Studio Asana: 1120 S. Lincoln Avenue (building next to McDonald's)