



Where Kids LOVE to move!

Monday

11:00 - 11:45 Dance Stars (ages 3-6)

Tuesday

11:00 - 11:45 Fitness Stars (ages 2.5-6)

1:00 - 1:45 Dance Stars (ages 3-6)

4:00 - 4:45 Dance Stars (ages 3-6)

Wednesday

11:00 - 11:45 Dance Stars (Family & Me, 2-3 years)

1:00 - 1:45 Dance Stars (ages 3-6)

4:00 - 4:45 Yoga Stars (ages 4-8)

Thursday

1:00 - 1:45 Fitness Stars (ages 3-6)

4:00 - 4:45 Dance Stars (ages 4-8)

5:15- 6:00 Dance Stars (ages 3-6)

Friday

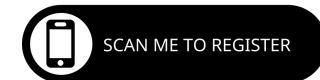
9:30 - 10:15 Fitness Stars (Family & Me, age 2 only)

Schedule Jan-May 2022

*new classes may be added *



Register at
www.sngfoothills.com or
scan the QR Code



\$45/Month - One Class
\$10 off for each additional
registration (class or family member)



Hickory Community Yoga & Wellness
2624 N. Center Street (Near Planet Fitness)

