

**Kinder Arts Play ( drop off or stay with your child) ages 3 yrs - 5 yrs**

Monday and Wednesday 9:00am- 11:00am

35.00+HST per class or 350.00 + HST per class (10% discount when signing up for both days)

10 week sessions

**Toddler Arts Play ages 8 mos- 2 yrs**

Monday and Wednesday 11:00- 12:00

14.00+ HST per class or 120.00+HST

Per class( 10% discount when signing up for both days)

10 week sessions

**Momma and Me music movement and play ages newborn - 7 mos**

Monday and Wednesday 12:15-12:45pm

12.00+HST per class or 100 + HST per session (10% discount when signing up for both days)

10 week sessions

**Momma and baby yoga ages 5 mos - 1 yrs**

Tuesday 9:00am-9:45am

120.00 +HST per session

10 week session

**Momma and Me tummy time and movement ages newborn to 7 mos**

Tuesday 10:00am- 10:30am

100.00+HST per session

10 week session

**Kids yoga ages 2 - 5 yrs**

Tuesday 10:30-11:00am

100.00+HST per session

10 week session

**Pre Natal yoga**

Tuesday 11:00am-12:00pm

150.00 + HST per session

10 week session

**Post Natal yoga**

Tuesday 1:30-2:30pm

150.00+ HST per session

10 week session

(baby's are welcome, 10.00 charge for child care)

**Momma and baby fitness**

Thursday 10:00-11:00 am

150.00+ HST per session  
10 week session

**Momma and baby massage and music**

Ages newborn - 1 yr  
Thursday 11:00am-11:45am  
120.00+ HST per session  
10 week session

**Post Natal Fitness**

Thursday 12:00-1:00pm  
150.00+ HST per session  
10 week session

**Pre Natal Fitness**

Thursday 1:30-2:30pm  
150.00+ HST per session  
10 week session