

Need more information? Email Programs@ethosfitness.com

KIDS

Lil Yogis with Sara Boys and Girls ages 3-5
This playful class encourages self-expression while building social skills. Kids sing, draw and play yoga in this energy releasing class.

4 week program – once a week

Cost: Members \$80 Non –members \$100

Saturdays 9:00-9:45am (SGTLILYGISAT)
June 19, 26, July 10,17 (no class July 3rd)

Bigger Yogis with Sara Boys & Girls ages 6-10
This class is designed to strengthen and stretch while focusing on breathing and relaxation skills.

4 week program – once a week

Cost: Members \$80 Non –members \$100

Saturdays 10:00-10:45am (SGTBIGYGISAT)
June 19, 26,(No class July 3rd) July 10,17

School's Out! with Cheryl (SGTSCHOOL)

Girls Ages 11-15

4 week session 2x's per week

Mon/Wed 12:30-1:30

Encourages fitness habits, self-esteem, and good eating habits for the non-athlete.

Cost: members \$140 Non-members \$168

Session 1

June 28, 30 ,July 5,7,12,14,19,21

Session 2

July 26, 28 Aug. 2, 4, 9, 11

Healthy Habits with Ellen Girls Ages 11-15
Twens and teens will earn fitness knowledge and confidence along with tips in nutrition and hygiene to start them on the road to Healthy Habits.

Cost \$ 140 Non-member \$168

4 week program – twice a week

Tues/Thurs 10:30-11:30 (SGTHLTHHAB)

Session 1

June 28, 30 July 6,8,13,15,20,22

Session 2

July 27,29, Aug 3,5,10,12,17,19

Tween/ Teen Kickboxing with Artie

Girls Ages 11-15

4 week session once a week

Mondays 4:00-5:00pm (SGTTEENKB)

Cost: Members \$70 Non-members \$85

Session 1

June 28, July, 5, 12 ,19

Session 2

July 26, Aug 2, 9, 16

Birthday parties for Kids!

Zumba! Party

Kickbox Party

Drummer Girl Party

BootCamp Party

LilYogis Party

Fitness Fun Party

Contact Ellen for details

Ellen.Babajko@ethosfitness.com

201-251-4500

Register at Reception.

All classes are subject to a minimum participation