

Child Watch

Group Exercise Classes



Drop your kids off in Child Watch, sign them in, and we will escort them to their class and return them back to Child Watch after class has ended. Classes are 30 minutes & limited to first 12 to sign up on day of class.

Free for members!

Punch Pass available for non-members @ \$5/class

February Schedule

Mondays 9:45am Kids Yoga

Mondays 10:30am: *New* Born to Move
(Parent & Child Class Ages 2-4 *Parents Optional*)

Mondays 5:30pm Kids Yoga

Tuesdays 5:30pm: Born to Move

Wednesdays 9:45am Born to Move

Fridays 9:45am Born to Move

Questions: Contact andreak@nooksports.com