



Movement Mondays with Coach Amie Pilates Class

**Mondays — 12:15 to 1:00 pm
January 23rd to April 3rd
No Class on President’s Day Holidays**

Learn how the body moves through story telling and Pilates!

This fun and engaging class introduces preschool children to basic anatomy and Pilates-based movements. Amie leads the children through an imaginary journey as they learn about deep breathing for calming and relaxation, sitting on sit bones and standing neutral for good posture.

Each adventure invites kids to play, imagine, move and have fun!

Amie is a mom of two energetic boys and a Certified Pilates Instructor. She is also a “Facilitator” certified by Virtues Project International, a character building program inspired by children’s natural desire to explore, move and play. Amie created *Movement Adventure* classes to help children build posture awareness and healthy movement habits.



**10 CLASSES for \$202.50
or 15 prepaid hours**

Mats and props will be provided. Classes held outside.

To enroll, write your child’s name here: _____

Attach Payment and give this flyer to our office or to your teacher from your car

Check # or CC: _____ Amount: \$ _____ Prepaid Hours Used: _____