



Stretch-n-Grow at *Hickory Community Yoga & Wellness*

**Class Time:**

Weekly 45 Minute Classes

Start Date:

September 2021
Registration is OPEN!

Price:

\$45 per Month
\$10 discount for 2nd child or program

Register at:

www.sngfoothills.com

MONDAY

11:00 Dance Stars
(ages 3-6)

1:00 Dance Stars
(ages 3-6)

4:00 Dance & Tap
(ages 4-8)

*HCY will offer Adult
Gentle Yoga at 11:00
for adults.*

*If both child & adult
both participate in a
class, the child's class
will be \$30.*

TUESDAY

11:00 Fitness Stars
(ages 2-6)

1:00 Dance Stars
(ages 3-6)

4:00 Dance Stars
(ages 3-6)

*HCY will offer Adult
Regular Yoga at 11:00
for adults.*

*If both child & adult
both participate in a
class, the child's class
will be \$30.*

WEDNESDAY

11:00 Yoga Stars
(ages 3-6)

1:00 Yoga Stars
(ages 3-6)

4:00 Kids Yoga
(elementary)

*HCY will offer Adult
Restorative Yoga at
11:00 for adults.*

*If both child & adult
both participate in a
class, the child's class
will be \$30.*

THURSDAY

1:00 Fitness Stars
(ages 3-6)

4:00 Dance & Tap
(ages 4-8)

FRIDAY

Where we GROW!

**What would you
like to see?**

