

Join St. Peter's Preschool Parents' Yoga and Fitness Group



Instructor:

Wendy Williams-Abrams
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Certified Yoga instructor,
prenatal and postnatal
instructor. Teaching experience:
12 years. Former elementary
school teacher and mother of 4.
Please text, call, or email with
any questions!

Come join fellow St. Peter's Preschool and Parish parents for some stretching, strength-training, and community!

- Where: St. Peter's Church
- When: Tuesdays and Fridays from 9:40-10:40
- Who: All St. Peter's Preschool Parents and Friends
- What: Yoga and Group Fitness
- Why: We all need connection, movement, and fun!
- Cost: First class is FREE! After that, it's \$80 for an 8-class pass that may be used any time, as your schedule allows!

This judgment-free class is an opportunity for parents of all fitness levels to come together to exercise and chat. Babies and toddlers are welcome, too! Equipment will be provided, but you are also welcome to bring your own mat. I can't wait to see you!