



Baby Wearing Fitness

With Coach Kari Steen, B.S., ACSM-CPT

Strength & Conditioning with Baby as the Weight!

- Total Body Strength
- Cardio
- Stretching
- Bonding time with baby
- Babies 6 weeks—1 Year
- Baby Carriers Welcome!

Every Tuesday and Thursday

10:00—11:00 AM

\$12 Drop-In

Or

**\$10/Class If You Pay For A
Month!**



Contact us for more details!

707-839-2582

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