


**WHAT:** ZUMBA FOR KIDS (Ages 6-10) Mondays April 12<sup>th</sup>-June 14<sup>th</sup>  
YOGA FOR KIDS (Ages 6-10) Thursdays April 14<sup>th</sup> -June 17<sup>th</sup>

**WHEN:** ZUMBA starting Monday April 12<sup>th</sup>, 5:30pm-6:15pm  
YOGA starting Thursday April 14<sup>th</sup> 5:00pm – 5:45pm

**WHERE:** Church of Our Saviour, 9<sup>th</sup> and Main, FDL

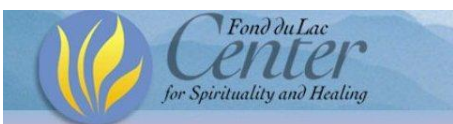


**WHY:** Our kids NEED to be more active, AND get more physically fit. ZUMBATOMIC is put on weekly by Kirsten Quam.  YOGA for Kids put on weekly by Suzanne and Mirian, yoga instructors at Fond du Lac Center for Spirituality and Healing

Plus, we'll have "kids nutrition ideas" provided each week from Mom's Market.

**COST: \$0**

(That's not a misprint! There is NO COST! However, we would LOVE to see all the new energy be put to good use, with the young kids in turn helping out in their Neighborhood, their church, your family...anywhere they can lend an "extra hand" to help someone else out! Call Lynne at 920-923-9778 or [lrabb34@aol.com](mailto:lrabb34@aol.com) to Register or for questions



KIDS B FIT, PO Box 163 Fond du Lac, WI 54935

