

Toddler Fitness

We are excited to announce our NEW classes starting this Summer!!!

Do you have an 18 month- 3 year old that needs to get up and move?

Are you looking for something fun and interactive between naptimes?

Toddler Fitness focuses on

-Physical Development (fine & gross motor skills)

-Coordination

-Balance

-Flexibility

-Strength

-Socialization

-Creative Movement

And much more in a fun environment with parent involvement!

You and your little one will have an opportunity to dance, tumble, play games and enjoy your morning with Toddler Fitness!

When: Tuesdays, 9:30-10:30am (June 24-August 16)

Where: Jamz Dance Studio, 4730 Mountain Rd, Pasadena, MD 21122 (upstairs studio 4)

What to wear and bring: comfortable moveable clothing, water bottle, and a smile!

How much: \$65 (2 months for the price of 1)

Sign up: go to our website for online registration | www.jamzdancestudio.com or email us at jmzdnc@gmail.com