

YOUTH FITNESS

Children's Yoga

NEW! CHILDREN'S YOGA CLASSES

Give your child the gift of increased body awareness, focus, flexibility and strength with this new class. Taught by two experienced Children's Yoga Instructors to give each child special attention. Convenient class times allow parents to enjoy the YMCA's classes and facilities.

Continuing for the month of August
Every Monday and Wednesday

Ages 4-7: 3:30-4:15PM
Ages 8-12: 4:30-5:15PM
all classes in Studio B

\$65/student for all 8 classes

About the Instructors

Christine Gibb completed the celebrated Mini Yogis Foundation and Advanced Trainings and has taught children's Creative Dance and Yoga at her own studio and to her own children. She is also a graduate of the Yogaworks Teacher Training program and teaches Yoga full-time. She looks forward to sharing her passion for Yoga with her students.

Lauren Agresti has over 1200 hours of training in Yoga and Meditation from the prestigious Himalayan Institute and teaches Yoga full-time to private clients and group classes including at the YMCA, where she is the Yoga Program Coordinator.

Liz Rohleder has been actively practicing yoga over the last ten years and would like to share her passion with kids to help them become more active and confident in life. Liz also would like to help create life-long learners beginning in the preschool years and currently volunteers mentoring preschool/kindergarten age children to help them explore phonics and gain reading confidence.



For more information contact:

Lauren Agresti
(949) 701-2693

lagresti@ymcaoc.org

Central Orange Coast YMCA

2300 University Drive
Newport Beach, CA 92660

(949) 642-9990 • www.ymcaoc.org

