

**BELLES MAMANS CLASS SCHEDULE – FALL 2010**

	<i>CLASS</i>	<i>AGE</i>	<i>TIME</i>	<i>FORMAT</i>	<i>COST PER SESSION</i>	<i>DROP-IN</i>	<i>UPCOMING SESSIONS</i>
MONDAY	Music for Tots	12 – 18 months	9:30 – 10:15 am	8 week session	\$120	N/A	Aug 30, Nov 8
	Music for Babies	6 – 12 months	10:25 – 11:10 am	8 week session	\$120	N/A	Aug 30, Nov 8
	Music for Tots	18 mo – 3 yrs	11:20 am – 12:05 pm	8 week session	\$120	N/A	Aug 30, Nov 8
	Mom & Baby Fitness	Until crawling	1 – 2 pm	class pass: 8 / 12 / 16	\$128 / \$172 / \$218	\$18	on-going
	Creative Play	1 – 2 years	2:30 – 3:15 pm	8 class pass	\$120	\$18	on-going
	Creative Play	2 – 3 years	3:30 – 4:15 pm	8 class pass	\$120	\$18	on-going
	Prenatal Yoga	pregnancy	6:30 – 8 pm	class pass: 8 / 12 / 16	\$128 / \$172 / \$218	\$18	on-going
TUESDAY	Fitness in the Park	Until crawling	10 – 11 am	class pass: 8 / 12 / 16	\$128 / \$172 / \$218	\$18	on-going
	Sensory & Art Explorations	12 – 18 months	9:45 – 10:30 am	8 week session	\$120	\$18 with reservation	Aug 31, Oct 26
	Art for Tots	18 – 36 months	11 – 11:45 am	8 week session	\$135	N/A	Aug 31, Oct 26
	Mom & Baby Salsa	Until crawling	12:30 – 1:30 pm	8 week session	\$120	N/A	Aug 31, Oct 26
	Mommy Talk I	0 – 6 months	12:45 – 1:45 pm	8 class pass	\$80	N/A	Starts Sept 7.
	Mommy Talk II	6 – 12 months	2 – 3pm	8 class pass	\$80	N/A	Starts Sept 7.
	Development Class	0 – 3 months	2 – 3 pm	8 week session	\$120	N/A	Sep 7, Nov 2
	Development Class	4 – 6 months	3:15 – 4:15 pm	8 week session	\$120	N/A	Sep 7, Nov 2
WEDNESDAY	Prenatal Yoga	pregnancy	10 – 11:30 am	class pass: 8 / 12 / 16	\$128 / \$172 / \$218	\$18	on-going
	Mom & Baby Yoga	Until crawling	11:45 am – 1 pm	class pass: 8 / 12 / 16	\$128 / \$172 / \$218	\$18	on-going
	Tumbling for Tots	1 – 3 years	1:30 – 2:15 pm	8 class pass	\$120	N/A	Starts Sep. 1
	Development Class	7 – 9 months	1:30 – 2:30 pm	8 week session	\$120	N/A	Sep 8, Nov 3
	Development Class	10 – 12 months	2:45 – 3:45 pm	8 week session	\$120	N/A	Sep 8, Nov 3
	Baby Massage	Until crawling	2:30 – 3:15 pm	4 week session	\$50	N/A	Sep 1, Sep 29 Oct 27, Nov 24
THURSDAY	Tumbling for Tots	2 to 3 years	9:30 – 10:15 am	8 class pass	\$120	\$18	on-going
	Tumbling for Tots	Walking to 2 years	10:30 – 11:15 am	8 class pass	\$120	\$18	on-going
	Tumbling for Tots	9 months (or crawling) to walking	11:30 – 12:15 am	8 class pass	\$120	\$18	on-going
	Mom & Baby Fitness	Until crawling	1 – 2 pm	class pass: 8 / 12 / 16	\$128 / \$172 / \$218	\$18	on-going
	Mom & Baby Salsa – Intermediate	Until crawling	2:15 – 3:15 pm	8 week session	\$120	N/A	Sep 9

FRIDAY	Playgroup	6 months – 3 yrs	9:30 – 11:30 am	10 class pass	\$70	\$9	on-going
SATURDAY	Playgroup	6 months – 3 yrs	9:30 – 11:30 am	10 class pass	\$70	\$9	on-going

### CHILDBIRTH CLASSES

SERIES	DATES	TIME	COST
Thursday night series	June 10 – July 8	7 - 9 pm	\$195
	Aug 12 – Sep 9	7 - 9 pm	\$195
	Sep 23 - Oct 21	7 - 9 pm	\$195
	Nov 4 – Dec 2	7 – 9 pm	\$195
Sunday series	Aug 22 & 29	10 – 4 pm	\$195
	Sep 19 & 26	10 – 4 pm	\$195
	Oct 17 & 24	10 – 4 pm	\$195
	Nov 21 & 28	10 – 4 pm	\$195
	Dec 5 & 12	10 – 4 pm	\$195
Nutrition classes (* Free with registration in Childbirth Classes)	Aug 5	7 – 9 pm	*
	Sep 16	7 – 9 pm	*
	Oct 28	7 – 9 pm	*

### FITNESS PASSES (details)

8 classes for \$128 (expires after 3 months)  
 or 12 classes for \$172 (expires 4 months)  
 or 16 classes for \$218 (expires after 5 months)

TYPE OF PASS	DAY	CLASS	TIME
<b>PRENATAL FITNESS</b>	Monday	Yoga	6:30 – 8 PM
	Wednesday	Yoga	10 - 11:30 AM
<b>MOM &amp; BABY FITNESS</b>	Monday	Fitness (Cardio & Toning)	1 – 2 PM
	Tuesday	Fitness in the Park	10 – 11 AM (held indoors if need be)
	Wednesday	Yoga	11:45 - 1 PM
	Thursday	Fitness (Cardio & Toning)	1 – 2 PM

*NOTE: Our schedule and prices are subject to change without notice. Please consult our website for up-to-date information.*

