

# Mommy & Me

With Instructor Erin Harris

No need to quit your workout when you have a baby; Mommy & Me is an easy way to workout while keeping your child by your side.

Bring:

- Stroller (umbrella stroller if possible)
- Appropriate fitness attire and clean shoes
- water

**Tuesday 10:30-11:30am**

Call to Register  
APA Chino Valley  
990 N. Hwy 89  
636-2007

Come and have a  
**FREE** trial class!



**ACADEMY of  
PERFORMING ARTS**  
Dance - Music - Voice - Theater