



YOGA FOR THE CHILDBEARING YEARS

## Class Schedule

Summer 2009

June 1 – August 31

3421 Hawthorne Avenue

Richmond, VA 23222

804-612-6366

info@omMama.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Pool Pass</b> <b>1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesdays</b> Come to class & stay for a swim. 1st & 3rd Tuesdays of the month Cost: \$7 per adult (children free)		<b>Pool Pass</b> <b>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays</b> Come for class & stay for a swim. 1st & 3rd Thursdays of the month Cost: \$7 per adult (children free)			
	<b>Itsy Bitsy Tots</b> 9:30 – 10:30 am <b>Leslie</b> 3-wk Series* 6/9 – 6/23 6/30 – 7/14 7/21 – 8/4		<b>Itsy Bitsy Tykes</b> 10:00 – 10:45 am <b>Candy</b> 3-wk Series* 6/11 – 6/25 7/9 – 7/23 7/30 – 8/13	<b>Prenatal Yoga</b> 9:30 – 11:00 am <b>Leslie</b>	<b>Itsy Bitsy Tykes</b> 10:00 – 10:45 am <b>Candy</b> 3-wk Series* 6/13 – 6/27 7/11 – 7/25 8/1 – 8/15	
	<b>Itsy Bitsy Babies</b> 10:45 – 11:45 am <b>Leslie</b> 3-wk Series* 6/9 – 6/23 6/30 – 7/14 7/21 – 8/4		<b>Postnatal Yoga</b> 10:30 – 11:45 am <b>Leslie</b>		<b>Prenatal Yoga</b> 10:30 – 12:00 pm <b>Melissa</b>	
	<b><i>NEW!</i></b> <b>Beginner Series:</b> <b>Hatha Yoga</b> 4:30 – 5:45 pm <b>Leslie</b> 8-wk Series* 6/16 – 8/4					<b>Conscious Birthing for Couples •</b> 1:30 – 5:30 pm <b>Leslie</b> 7/19/09
<b>Birth Talk</b> 6:30 – 8:30 pm 3 <sup>rd</sup> Mondays Facilitator: <b>Jennifer Kyzer</b> 804-440-2498	<b>Prenatal Yoga</b> 6:15 – 7:45 pm <b>Leslie</b>		<b>Prenatal Yoga</b> 5:30 – 7:00 pm <b>Leslie</b>			<b><i>NEW!</i>**</b> <b>Prenatal Yoga</b> 4:00 – 5:30 pm <b>Melissa</b> (Southside)

All classes held at The Lewis Ginter Recreation Association, 3421 Hawthorne Ave, unless otherwise indicated.

No classes July 4, and August 24 -31.

\* Pre-registration required for this class.

\*\*The Goddard School: 2361 Robious Station Circle, Midlothian, VA 23113. Please visit [www.OmMama.com](http://www.OmMama.com) or call for details.