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| |  |  | | --- | --- | | C:\Users\Joelle\Desktop\photogallery14.jpg  photogallery7.jpg |  | | KIDS YOGA  After school kids yoga at Cascade Ridge!  Kid Fit East’s Yoga program teaches yoga to build inner and outer strength and flexibility through age-appropriate, physically challenging yoga postures and flowing sequences.  Yoga mats provided. Please bring a water bottle and wear comfortable clothes.  Your brand | |  | |  | |  | | --- | | KIDS YOGAwithKid Fit East wi Join us for 8 after school yoga classes this fall!Enhance flexibility I Improve Balance and ConcentrationBuild strength | |  | | kid fit east Sammamish  http://www.kidfiteast.com/yoga  **Class schedule:**  **Thursday’s**  **3:00-4:00pm**  **OCT 6-DEC 1**  **Cost: $120** | |