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| KIDS YOGAAfter 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 |
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| KIDS YOGA with Kid Fit EastwiJoin us for 8 after school yoga classes this fall!Enhance flexibilityIImprove Balance and ConcentrationBuild strength |
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| kid fit eastSammamishhttp://www.kidfiteast.com/yoga**Class schedule:****Thursday’s** **3:00-4:00pm** **OCT 6-DEC 1****Cost: $120** |

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