

Baby 'N Me Fitness!

Where: *Timberhill Athletic Club: 2855 NW 29th St. Corvallis

What *A fitness class designed to give you a full body workout while mostly holding your little one (aprox 2months-pre-crawling). Strength training, core front and back, and even a heartrate increase!

When: *Mondays & Wednesdays 10:00am-10:45am
October 10th-November 16th= 12 classes.

Who: *Class led by our Child and Family Director, Rebekah Hadlock: Masters in Teaching-Human Development and Family Sciences, and Fitness Instructor for 18 years.

Cost: *\$85 Non-Members
*\$60 Members

Sign-Up: *Head to the Timberhill website at timberhillac.com and at the top, hover over "Family", then click on "Kids/Family". OR

*Contact Rebekah at childandfamily@timberhillsports.com

*PLUS: if you also have an older child(ren), you are welcome to use the Playroom/Child Care during class.

\$2.50 for the 1st hour.

-Reservations required. 541.757.8559

