

BABY DANCE & MOVE



\$60
PER MONTH
PAY BY THE 5TH OF EACH
MONTH TO AVOID \$12 LATE FEE

BABY DANCE AND MOVE IS A 30 MINUTE DANCE CLASS FOR THE PARENTS AND CAREGIVERS OF BABIES 0-9 MONTHS OLD AND, OF COURSE, THE BABIES



COMING JANUARY 3, 2024



The dance class includes a small warm-up with an upbeat and fun play list before moving into a short, simple dance routine. The studio time is available for 45 minutes. The last 15 minutes are reserved for participants to mingle and get to know one another, create community and ask each other questions!

The class is a way to feel connected and know that caring for oneself and caring for newborns doesn't have to be mutually exclusive.

MONDAYS & WEDNESDAYS @ 11:30 AM

Monthly sessions are available year round at Rock Creek Park in Dawsonville, Ga.

Please pay by check or cash at the first monthly session.

Make checks payable to Denyse Vincent Hollingsworth
- returned checks will be charged an additional \$25 -

Parents or Caregivers will need to bring a way to carry the baby on their chest such as a baby wrap, carrier or sling, as the baby will be moving with you as you exercise.

Please pre-register by January 2, 2024 at denysefitness@yahoo.com or call Denyse at 770-402-6207 for questions and information.

Please note that if the registrations each month are less than 8 people, class will be cancelled and your money will be returned.