

Get Your Wiggles Out!



Sign Up for the next session of Hop-N-Healthy!

6 Wednesdays 9:15AM @ New Baby, New Paltz Feb 29 - April 4

Hop-N-Healthy is a locally owned and operated fitness program for toddlers and preschoolers ages **18 months -5 years old**.

Classes consist of **30-40 minutes** of **non-stop movement**, **kid friendly music**, **singing**, **dancing** and a variety of equipment, including hoops, balls, bean bags, rhythm sticks, parachute and more. We have **FUN!**

Moms, Dads, Grandparents, Nannies, and Babysitters are all welcome to bring children for this awesomely fun activity. For complete details: www.hopnhealthy.com

Pre-register for the 6 week series -- \$54 if paid by Feb 22 (or \$60 if paid by Feb 29!)

Have 2 or more kids? Ask about our special family price!

It's Easy to Register !!!

- **In person at New Baby New Paltz** 15 Plattekill Ave New Paltz
- **By email:** Kara@hopnhealthy.com
- **Telephone:** 845-702-1843
- **or by mail:** Hop-N-Healthy 4 Partners Rd, Wappingers Falls, NY 12590

Walk-Ins always welcome! \$12/class

Space is limited!

Checks made payable to Hop-N-Healthy, Inc.