



NEW at BHC Kids Yoga

for kids 5+ years

Join us for a one-hour kids' yoga class where we'll explore movement, mindfulness, and breathing techniques through fun games, poses, and music! This class helps build flexibility, strength, and emotional awareness, all while enjoying a positive, supportive atmosphere. Perfect for kids to stay active, focused, and have a great time!



with Ana



Spring Session
Apr 16-May 28 7wks

Meets: Wed at 5pm
Cost: \$105 Member \$140 Non-Member
Register online or through the BHC App



248-642-8500



www.beverlyhillsclub.com

31555 Southfield Rd Beverly Hills, MI 48025 just N of I3 Mile Rd