



Make Checks Payable: Treasurer, Lower Merion Township 75 E Lancaster Ave, Ardmore, PA. 19003 • 610-645-6220 • <http://lowermerionpa.myrec.com/>

Join us for our FREE Family Fitness Series!!

Lower Merion Township is proud to offer the opportunity for our community to participate in free fitness events being run by some of our new program providers!

Pre-registration is required.



Yoga@Play, LLC, children are encouraged to play yoga and experience mindfulness in a fun, magical way that creates a playful space. We seek to inspire kids to love and enjoy yoga, whatever yoga means to them at that point in their lives. We are here to provide them with a variety of tools they can take away, revisit and use throughout their lives.

Saturday, March 23

Bala Gym (49 Bala Ave, Bala Cynwyd)

Kids Yoga 1 (Ages 4 – 6)	11:30am – Noon
Family Yoga (Ages 3+)	Noon – 12:40pm
Kids Yoga 2 (Ages 7 – 10)	12:45 – 1:30pm

To Register for one or more of these sessions [click HERE](#).

http://lowermerionpa.myrec.com/info/activities/program_details.aspx?ProgramID=29940