



**Thursdays at 10am**

**January 16 - May 1, 2020**

Mommy & Me Fit is a fun way for moms to workout with their children. Do you have multiple kids, older kids, toddlers, ect? They are all free to come. The class is 60 minutes with extra time for questions, play time and socializing. Let's have fun and get fit! If possible please bring water, weights and a mat!

**Class is free, donations are appreciated!**



**Classes at Pinckney Public Library**

**Provided by Positive Beginnings Fitness Studio**