

# Baby + Ballet

Barre for Parents and Their Bundles of Joy

When: Saturday, March 14<sup>th</sup>, 9:00-10:00am

Where: JPDC 14840 Metcalf Ave, Overland Park

What to bring: Your baby, hands free carrier (like the Moby or Baby Bjorn), patience and sense of humor!

Cost: \$10 drop in fee (free for Adult Fit members!)

What to expect: Ballet barre and center work focusing on strengthening your core, legs, and bonding with your little one.

Jody Phillips Dance Company

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