



POSITION YOUR BABY
FOR TAKEOFF
Bugs & Bugs Boost



4 - 10 months



Bugs & Bugs Boost classes promote early development and provide a fun space for you to share in the excitement with other parents.

BUGS BOOST

We know what you're thinking: My baby can't even crawl yet, so why should we go to a gym?

Well, there's a lot going on inside those tiny heads. Everything that's absorbed at this age lays the groundwork for overall functional development. The Little Gym Bugs program, for babies 4-10 months, promotes early social and physical development and provides a fun space for you to share in the excitement with other parents.

A 3 DIMENSIONAL LEARNING APPROACH



GET MOVING

- Coordination
- Core strength & muscle control
- Motor skills development



BRAIN BOOST

- Object permanence
- Spatial & body awareness
- Language development



LIFE SKILLS

- Confidence
- Social and emotional skills
- Parent/child bonding

The Bugs program includes two classes a week: a 45 minute Bugs class and a 30 minute Bugs Boost class that allows you to “Get Moving” too!

The Bugs Boost classes are full of fun exercises for both parent and baby that add to the weekly Gym experience.

