



FOR IMMEDIATE RELEASE:

Kids Yoga Comes to Bayonne at All Fit Studios

BAYONNE, NEW JERSEY, SEP. 8 2013- [All Fit Studios](#) is pleased to announce all new in-studio Kids Yoga classes at their location, 196 Broadway in Bayonne, New Jersey. Classes are held every Monday, Tuesday, Thursday and Friday from 3:30pm to 4:15pm. The Fall Schedule runs from September 1, 2013 to November 30, 2013.

Kids Yoga is the latest in unique yoga classes offered at the studio. In the summer season All Fit Studios introduced Mommy & Me Yoga as well as Prenatal Yoga which continues into the fall season. Since All Fit Studios has added their Kids Yoga class, parents have expressed pleasure at no longer having to travel to Jersey City or Hoboken and pay higher prices to find a quality program for their kids. In keeping with the American Council on Exercise recommendations, All Fit Studios has created a class that covers the basics of the training and enough variety and incentive to keep it fun and challenging.

Kids Yoga is arranged into two separate classes, Kids Yoga Ages 5-9 and Kids Yoga Ages 10-12. Teens are encouraged to attend the regular Yoga, Yoga 1 and Yoga 2 classes held throughout the week. Kids under five can be evaluated for inclusion or can attend during a Mommy & Me class. Classes are on sale for \$5 each when pre-booked [online](#). Unlimited Monthly Passes are also available online at <http://allfitstudios.com>. Classes fill quickly so pre-booking [online](#) is recommended.

Owner and Class Instructor, Lou Segura says, "The kids really enjoy the activities. We've taken our time to create a class that is both fun and centering. They are allowed to be themselves but at the same time slowly learn to concentrate and focus."

Magdalena Swioklo, mother of student, Jacob age 5, says, "He looks forward to going every day. Even when we're home, he keeps it going. He tells me 'Shhh mom, I'm practicing yoga.' Deb and Lou are so great with the kids; it's a very family friendly place to be."

5th Grader, Lucas Neukirchner says, "It's a great class. Its more fun than regular yoga and the trainer makes it fun to do exercise."

About Yoga for Kids:

According to Yoga Journal, "Yoga at an early age encourages self-esteem and body awareness with a physical activity that's non-competitive." And in an article by Ana Flores, author of Spanglish Baby, she lists the top 10 benefits of yoga for children, among them are, "Yoga helps kids improve their concentration and balance" and "Yoga helps kids relax, unwind, and calm themselves."

About All Fit Studios:

The studio was opened in October 2012 by professional personal trainers, Lou Segura and Deb Peveler. Both have lived in Bayonne for over forty years and have thirteen years of personal training and group fitness experience. The studio's main goal is to provide quality fitness programs that are accessible to everyone no matter their current fitness level. They achieve these goals by working with them individually and encouraging participation in the group fitness activities.

In addition to personal training, yoga classes have been a cornerstone of the [services](#) at All Fit Studios. Alternating their [schedule](#) between yoga and kickboxing provides clients with both cardio and strength training. Interspersed are unique classes like BLT (Buns, Legs & Tummy) and Mat Pilates. Personal training is offered to assist clients in focusing on their unique health goals.

Lou's personal motto is, "Life Happens, Yoga fixes it."

-More-



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Sources:

ACE Strength Training for Kids: <http://www.acefitness.org/acefit/fitness-fact-article/2682/strength-training-for-kids-a-guide/>
Yoga Journal Online: <http://www.yogajournal.com/lifestyle/210>
Babble.com Article by Ana Flores: <http://www.babble.com/babble-voices/ana-flores-besos/top-10-benefits-of-yoga-for-kids/>

Images:

Attached images courtesy of Magdalena Swioklo, taken 9/6/2013 at 196 Broadway, Bayonne NJ 07002. Call 551-689-2095 for release information. See attached high resolution photos. Samples:



Yoga improves concentration; kids sit in butterfly pose



Kids practice Tree Pose with Volcano arms



Kids moving to downward facing dog pose



Kids in Cow Pose, improves flexibility

(595 words)