

JIA-YO! "WEAR YOUR BABY" WORKOUT SYSTEM FAQs:

- What does Jia-Yo! Mean?

In Mandarin Chinese, Jia You (pronounced: "Ji-ah-yo") means to "go for it," "hang in there," and literally: "give it more gas!" So parents, when you think you've used all your resources, it's time to dig deep and get creative! You can reach your fitness goals while you keep Baby close to your heart (literally!)

- When and Where is class?

Mondays & Wednesdays @ 2pm. Wednesday's classes begin April 14. Reserve your spot today @ Barre Las Vegas Studio: <http://www.barrelasvegas.com/>

- What is the cost? Can I purchase a package?
Drop in fee is \$15.00/class. 1st class is Free for Locals. Bring a family member for only \$5 extra! Packages:
5 Classes: \$69 (\$14/class)
10 Classes: \$129 (\$13/class)
20 Classes: \$239 (\$12/class)
RSVP Today: <http://www.barrelasvegas.com/>

- How old should Baby be?
6 weeks-2 years old.

- What baby carrier should I use?
Bring a hands free front or backpack carrier in which you and Baby feel comfortable. (i.e.: Moby Wrap; Metrowrap; Ergo; Beco; Baby Bjorn; Kelty; etc.)

- Do I need to bring anything else?
Yes. Wear socks. Bring water & a towel for you. Bring a burp cloth/wipes for Baby.

- I have Twins; can I wear both Babies?
Yes! We can help you learn how to safely exercise while wearing both babies.

- My baby is with another caregiver. Can I still take class without my baby?
Sure! Join like-minded parents and perform the workout "Baby Free."

- Is this class safe for expecting Moms?
Yes! Please bring a doctor's note and we will make sure you are safe and comfortable!

- Can Spouses/Grandparents/Friends come?
Of course! All adult family members are welcome and qualify for a discount: only \$5 extra/person! Support your loved one, get a great workout in, and do the class "Baby Free!"

- Do you offer childcare for older kids?
At this time we do not. Please bring just you & Baby(s) you plan on wearing.

- What if Baby is crying?
Babies fuss. We know that! Feel free to soothe Baby as you see fit.

- Can I stop to breastfeed Baby?
Yes! Please bring a Breastfeeding cover and make yourself comfortable.

- What if my Baby doesn't want to stay in the wrap the entire hour?
No problem! Please bring a blanket for Baby to play on and continue the class "Baby Free." We ask that you please keep an eye on mobile children so no one's workout gets disrupted.

- Do I need previous dance or Pilates experience?
No. Beginners are welcome! Experienced dancers will learn more advanced techniques.

- Who designed Jia-Yo! BabyFit System and how can I learn more?
Sarah Harding. Please visit: <http://sarahhardingfitness.com/bio/bio.html>

