

Fit Mommas



Outdoor Stroller Fitness Class

Stroller fitness incorporates the environment, resistance tubing and the stroller to get an all-over body workout in 60 minutes! Please bring a workout towel, mat, stroller, water, and a snack for the baby!

Prenatal and postnatal women of all fitness levels are welcome! Classes are \$2. \$20 punch cards available at Forrest and Garcia PFC.



Tuesday & Thursday

0900-1000

**Iron Horse Park
play ground**

1909 Sheridan

(weather permitting)

For More Information please
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