



Stroller Fitness



Tuesday at 10am
May 7 -June 18
7 weeks
\$130 members
\$150 non- members

Stroller Fit is a total-body workout for moms or dads with kids included with our group certified instructor for a hour class at Greenway focusing on cardio and strength training. Pre registration is required for more information please contact brenda.werneiwskei@ymcaofmews.org