



MOM & ME STROLLER WORKOUTS

Enjoy a fun, stroller based workout!

Our classes are designed to focus on self-care in a supportive and encouraging environment. Moms of all fitness levels with one or more stroller-aged children are welcome. These total body work outs will incorporate strength, cardio, and flexibility and will have you leaving class feeling energized and connected. Do something for you with your little one in tow!

For more information, please call 732.497.3811 or email familysuccess@cymca.org.



Tuesdays | 9:30 – 10:30 a.m.

Bayshore Family Success Center | 945 St. Hwy. 36 | Leonardo, NJ 07737

THE COMMUNITY YMCA

BAYSHORE FAMILY SUCCESS CENTER | Henry Hudson Trail Activity Center

945 State Highway 36
Leonardo, NJ 07737

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TheCommunityYMCA.org/bfsc

