



**Berkley Parks & Recreation**

**Fit4Baby®**

**and Stroller Strides®**

**Monday**

**Fit4Baby®**

**6:00 - 7:00 pm**

**Tuesday**

**Stroller Strides®**

**10:00 - 11:00 am**

**Wednesday**

**Fit4Baby®**

**6:15 - 7:15 pm**

**Friday**

**Stroller Strides®**

**10:00 - 11:00 am**



Stroller Strides® is a total fitness program that moms can do with their babies. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Taught by certified and specially trained fitness instructors, it is a great workout for any level of exerciser. Our instructors weave songs & activities into the routine designed to entertain & engage baby, while moms are led through a series of exercises specific to her role as mom.

Fit4Baby® is a program designed to strengthen the body for all the changes it will experience during pregnancy. The class includes cardio, strength, flexibility and balance training. Fit4Baby® is designed to accommodate all stages of pregnancy and various fitness levels. These classes are for moms only.

Classes are held at the Berkley Community Center  
2400 Robina Avenue

Register today at

[www.royaloak.fit4mom.com](http://www.royaloak.fit4mom.com)