

# Stroller Fitness

## Stroller Fitness w/ Jessica Heller

**Thursdays, 9:00 -10:00 a.m.**

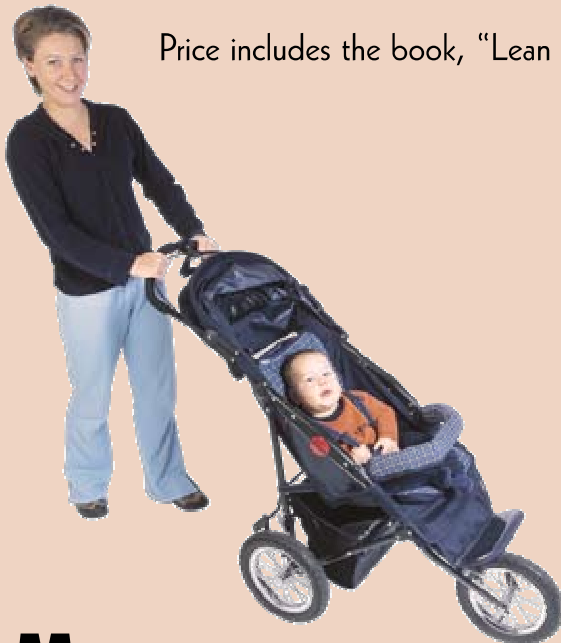
**July 15-August 19**

Join Jessica Heller and her toddler daughter, as they take you and our child through a 6-week training series in staying fit using your child in their stroller.

We'll enjoy different walking routes each week, ending our walk with exercises in a variety of area parks.

6 wk. program, \$39 member \$59 non-member

Price includes the book, "Lean Mommy" by Lisa Druxman.



## Moms Group Training

at 11616 N. Port Washington Rd., Mequon ~ 262-241-4250  
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