



STROLLER STRENGTH CLASS

PETER BLUM FAMILY YMCA

Sponsored by



**WEST BOCA
MEDICAL CENTER**

PALM BEACH HEALTH NETWORK

Stroller Strength is a functional, total-body conditioning workout designed for Moms and Dads to participate in with kids in tow. This 45-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun!

Equipment is provided – just bring a towel, water and your kiddo!

WHEN: Tuesday & Thursday
TIME: 10 - 10:45 AM
COST: FREE to Y Members
WHERE: Outdoor Pavilion at the Boca Y



For more information, contact Member Engagement Director, AnnTaylor Clawson:

aclawson@ymcaspbc.org or 561-237-0937