

# STROLLER STRIDES

## CLASSES OUTDOORS

### AT PIONEER PARK



Whether you are a fitness fanatic or new to exercise, Stroller Strides is the class for you to do with your infant and/or toddler. This exercise class stimulates the mother as well as baby.

This TOTAL BODY WORKOUT combines a mixture of cardio and strength exercises along with songs and socialization with other children.

Get into shape with Stroller Strides fitness programs and learn how exercising can benefit both you and your child today!

**DATE:** SPRING/SUMMER 2010

**COME TO YOUR FIRST FREE CLASS TODAY!**

\* REGISTER ONLINE at [www.strollerstrides.net/billings](http://www.strollerstrides.net/billings)!

**TIME:** 9:00 am

**LOCATION:**

MONDAYS

TUESDAYS

THURSDAYS

& SATURDAYS

Meet By the Wading Pool on 3rd  
Ave. N

Contact Molly Reas

**406.671.5442**

[mollyreas@strollerstrides.net](mailto:mollyreas@strollerstrides.net)  
[www.strollerstrides.net/billings](http://www.strollerstrides.net/billings)