



FIT4MOM

Arlington-Alexandria

**Winter
2014-2015**

	Location	Mon	Tues	Wed	Thurs	Fri	Sat
STROLLER BARRE	Worx Studio Alexandria	9:30	9:30 Barre	9:30		9:30	
	Old Town Nannie Lee	9:30	9:30	9:30	9:30 Barre	9:30	
STROLLER STRIDES	TJ Comm. Ctr Arlington	9:45	9:45 Barre	9:45	9:45	9:45	
	NOVA MMA Arlington		9:45		9:45		
	Landmark Mall - Macys						9:00
BODY BACK	Blessed Sacrament	5:30 AM		5:30 AM			7:00 AM
	Cameron* Station Gym		5:45 AM		5:45 AM		7:00 AM
	St. Ann School Gym	5:45 AM		5:45 AM			7:00 AM



***Cameron Station Body Back for Residents ONLY**

Stroller Strides® is a total fitness program that moms can do with their babies. It includes power walking and intervals of body toning using exercise tubes and the stroller. Taught by certified instructors, it's a great workout for any level of exerciser. Please arrive at all classes at least 15 minutes before start time. We leave promptly at start time.

Body Back® is a results-based workout designed for moms who want their body back, whether they just had a baby or their last child was born twenty years ago! Most importantly, it will help women unlock their personal possibilities in an inspiring and powerful environment. Body Back® clients experience targeted high-intensity workouts, inspiration and motivation in every class.

Updated 11/26/14

www.arlington-alexandria.fit4mom.com