



ARLINGTON-  
ALEXANDRIA

arlington-alexandria.fit4mom.com

	Location	Mon	Tues	Wed	Thurs	Fri	Sat
FIT4BABY	Chinquapin Rec. Center			7:00 pm			
STROLLER STRIDES STROLLER BARRE	Nannie Lee Rec. Center	9:30	9:30	9:30	9:30 Stroller Barre	9:30	
	Thomas Jefferson Comm Center	9:45	9:45	9:45	9:45	9:45 Stroller Barre	
	Charles Houston Rec Center						9:00 AM
BODY BACK	Blessed Sacrament	5:30 AM		5:30 AM		5:30 AM Body Sculpt	7:00 AM
	St. Ann School Gym	5:30 AM		5:30 AM			6:45 AM
FITness 4Moms	Pilates ProWorks		9:15		9:15		

**Stroller Strides® - Our signature program** is a total fitness program that moms can do with their babies. It includes power walking or running, with intervals of body toning using exercise tubes and the stroller.

**Stroller Barre® - Follows the format of our signature class.** We incorporate all the great aspects of pilates, ballet and Barre into a great traveling class for moms with little ones in the stroller.

**Body Back® - Our High Intensity Interval Training (HIIT) class**, with the option of nutritional coaching. Body Back® clients experience targeted high-intensity workouts, inspiration and motivation in every class. These high-energy classes will keep your muscles and metabolism burning all-day long.

**Fit4Baby® - Our prenatal program** designed exclusively for pregnant moms! Fit4Baby® classes are interval based, combining elements of strength training, cardiovascular, stretching and balancing exercises for your ever changing body.

**FITness4Moms – Our Fitness Interval Training class** delivers a total body workout that combines cardio strength and core conditioning. **Designed for moms of all fitness levels!**