



arlington-alexandria.fit4mom.com

May/June 2017

	Location	Mon	Tues	Wed	Thurs	Fri	Sat	
FIT4BABY	Chinquapin Recreation Center			7:00 PM				
	Windmill Hill Park Old Town	9:30	9:30	9:30	9:30 Stroller Barre	9:30		
STROLLER STRIDES • STROLLER BARRE	Jones Point Park Old Town				9:30 Stroller Barre			
	Bluemont Park Arlington	9:30		9:30		9:30 Stroller Barre		
	Quincy Park Arlington		9:30		9:30			
	Ben Brenman Park - Alexandria	9:30		9:30				
	Fairlington Community Cntr						9:00 AM	
	Blessed Sacrament Gym	5:30 AM			5:30 AM		5:30 AM Body Sculpt	7:00 AM
BODY BACK	St. Ann School Gym	5:30 AM			5:30 AM		7:00 AM	
	Del Ray Baptist Church Next Session Begins 6/27		5:30 AM			5:30 AM		
	Jones Point Park Old Town						7:30 AM	
	Pilates ProWorks		9:15		9:15			



arlington-alexandria.fit4mom.com

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.

F.I.T.4Moms – Our Fitness Interval Training class delivers a total body workout that combines cardio strength and core conditioning. **Designed for moms of all fitness levels!**