



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STROLLER FITNESS!

BILLINGS FAMILY YMCA

A stroller-based fitness program designed for parents with little ones. Each 55-minute, total body workout incorporates cardio, strength and toning activities. Stroller Fitness can form lasting friendships with other parents through organized play dates, support, and activities for the parent and kiddos.

- AGE:** Parents with children 0-4
- COST:** Members \$43, non-members \$65
- DATES:** Jan. 8- Feb. 2, Feb. 12- Mar. 9,
Mar. 19- Apr. 13, Apr. 23 - May 18
- DAY & TIME:** M/W/F 10am-10:55am
- LOCATION:** Flanagan Gym
- REGISTRATION:**

- Members: Dec. 1, 2017
- Non-members: Dec. 15, 2017

406-248-1685
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