

Happy Mamas Fitness



Happy Mamas teaches a 1-hour total body stroller workout class called **Stroller Strong!** Children relax in their strollers while watching mom work out and are encouraged to enjoy play time at the conclusion of the workout. Happy Mamas utilizes one's own body weight, resistance bands, agility ladders and jump ropes with all equipment provided!

LOCATION

Shevans Park
Downtown
Morehead City
(Fort Benjamin on rainy days per instructors decision)

WHEN

Wednesday
& Friday
9:00AM-10:00AM

WHO

Mamas who want to have fun and get fit!

PRICE

Month Unlimited \$45
6 Class Pass \$45
Single Class \$12
First Class is FREE

WEBSITE

www.healthyhappy-mamas.com



First class is FREE!
Check us out on Facebook at
Happy Mamas Stroller Strong!

