

# MOMMY 'N' ME

**PLEASE CALL OR EMAIL TO REGISTER.**

**330-703-4972**

**[armstronghealthandfitness@gmail.com](mailto:armstronghealthandfitness@gmail.com)**

## **What to expect**

- **A fun bonding experience with your baby.**
- **You will learn how to workout with baby n tow.**
- **The classes will be offered several times per week. The cost is \$10.**
- **Excellent way to meet other new moms.**

## **Locations**

- **The classes will start at Croghan Park**
- **When weather is an issue we will meet at Armstrong Health and Fitness**

## **Details**

- **We will be meeting at the training studio, Armstrong Health and Fitness. Includes bathrooms, bottles of water, and a place to change.**
- **People need to bring a yoga mat(something to workout on), a bottle of water, and a workout towel.**
- **We will provide any exercise equipment needed.**
- **We will begin by walking to Croghan Park.**
- **5-10 minutes of cardio and stretching.**
- **45 minutes interactive exercises, tubing and medicine ball work, bodyweight exercises.**
- **5-10 min cooldown**

**For more information go to:**

**[Armstronghealthandfitness.com](http://Armstronghealthandfitness.com)**