

STROLLIN' MAMAS

with Shadow Rohloff



4 SESSIONS
WEDNESDAYS 5:15-6:00PM
JUNE 28TH, JULY 12TH, JULY 19TH, JULY 26TH
(NO CLASS JULY 5TH)

COST:
RFC MEMBERS \$40
RFC NONMEMBERS \$50

Bring your stroller & your little one(s) and join Shadow for a sequel to our Prenatal Yoga classes last Spring, Strollin' Mamas!

Strollin' Mamas is a personal trainer led, small group session designed for mamas to bring their babies + toddlers for a fun workout & some fresh air! Your little one will be included in this 45-minute outdoor workout session that will incorporate power walking, strength exercises, and stretching!

Come connect with other mamas as we enjoy the sunshine & get some exercise in during a busy season with littles!

Minimum of 5 participants



EMAIL SHADOW AT OLS07527@MORRIS.UMN.EDU TO SIGN UP BY JUNE 21ST