



Fitness and fun for you and your little one!

Turn your stroller into a portable fitness machine, get moving and make new friends while your baby has a blast! Work out, stretch and interact with other parents and caregivers. Stroller Jam is a way for you and your baby to enjoy **fitness and fun** together!

Benefits of Stroller Jam

- The overall objective of a Stroller Jam class is to improve strength, increase energy, burn calories, gain lean muscle and have fun with your little one.
- Stroller Jam is a low-impact strength and cardiovascular program that incorporates the use of exerbands and your natural body weight.
- Stroller Jam is an excellent way for you to develop and maintain a healthy, strong, toned body after pregnancy.
- Stroller Jam provides a safe and welcoming environment where you will be surrounded by other parents and caregivers.

What to expect

- Classes are held indoors during the winter months or inclement weather and outdoors in late Spring, Summer and Fall.
- Classes range from 50-60 minutes and designed to target all of the major muscle groups.
- Come dressed to exercise. Bring your stroller, a water bottle and a mat or towel.
- Work at a level that feels good to you.
- Please get approval from your Doctor or lead caregiver before starting a fitness regime.

Packages:

CLASSES START SEPTEMBER 8TH!

Keva Sports Center is offering 8-week sessions for only \$95.

Classes are held Monday and Wednesday from 9-9:50 AM

**Sign up through Keva today!
Call (608) 662-0275.**

More classes coming soon!

Testimonials:

*"Great class. **I'm glad I signed up.** Thanks for understanding that all of our fitness levels are different. It is refreshing to be able to modify the workouts to fit our needs and feel good about it."*

*"I like how I am challenged in class—**I can tell that I am becoming more and more fit each week.** It's wonderful to be surrounded by others who are first-time parents, too."*

"Stroller Jam was a great place to meet people with younger children and get some much needed exercise. I started Stroller Jam about 4 1/2 weeks after my daughter was born and by the end of the session I was very close to fitting in all of my pre-baby clothes. One great thing about all of the exercises is that you can work at whatever level you feel comfortable with.

I would recommend Stroller Jam to other moms because it is a great way to get out of the house, meet new people, and get in shape at the same time."