



# FAMILY FITNESS

## STROLLER FITNESS SERIES!!

STROLLER FITNESS IS A FUN, GENTLE FULL-BODY WORKOUT DESIGNED FOR PARENTS/CAREGIVERS WITH BABIES OR TODDLERS IN STROLLERS. JOIN US FOR A MIX OF WALKING, STRENGTH TRAINING, AND STRETCHING – ALL WHILE BONDING WITH YOUR CHILD AND BUILDING COMMUNITY!

### Questions Contact:

Nina Assance  
Family Well-Being Worker  
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All sessions are Facilitated by  
**SCOTT SIMPSON**

Starting October 14<sup>th</sup> /25

This is a 4 week Series. First session will be at the Event Centre starting at 10:30am sharp!