



Baby Boot Camp stroller-based fitness classes are designed specifically to help moms get fit. It takes the place of a personal trainer at a time in your life when you need one more than ever. Classes combine strength-training exercises with cardiovascular drills. Pilates, yoga and abdominal exercises help improve core strength. The stroller, resistance tubes (and even your child!) are used as an integral part of the workout.

**Tuesdays & Thursdays starting
June 16, 9:00-10:00 am**

What You Need: Water bottle, mat or towel

What Your Child Needs :Stroller, snacks, toys,
sun block, diapers, hat, blanket

6-class punch card:

\$37.50 for YMCA members*, \$75 for non-members

12-class punch card:

\$60 for YMCA members*, \$120 for non-members

*YMCA member rate is only available for classes offered

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With Baby Boot Camp, you'll

- Jumpstart your weight loss
- Strengthen your abdominals
- Improve your posture
- Increase your energy and improve your day
- Enjoy the camaraderie and support of other moms



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.