

Stroller Boot Camp

Stroller Boot Camp is a great boot camp using jogging strollers. A great walking warm up is followed by a combination of cardio and resistance training drills. The end result is a total body conditioning workout that is great for the heart, muscles, mind, and soul. Babies enjoy a great walk outdoors and the fun interaction with mommy and other babies. This class is for moms, dads & babies 6 months to 4 years old.

Day: Wednesdays, beginning May 12th
Time: 10:30am - 11:30am
Where: Meet in front of the Recreation Center
980 Incline Way
Fee: \$14.00/ w/IVGID Pass \$11.00 - Drop in rate
\$48.75/ w/IVGID Pass \$39.00- 6 class session

Space is limited!

Click: www.inclinerecreation.com

Call :775-832-1310

Come In: to the Recreation Center
980 Incline Way.



Good for Mom and fun for baby!



Register Online at
www.inclinerecreation.com

For more Information
www.inclinerecreation.com

Please Bring:
Water
Jogging stroller
Towel