

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Strollerobics

Strollerobics is a great opportunity to get outside, get a workout while meeting other moms, and get to bring your baby along for all of the fun! This fitness class will include walking, squats, lunges and other stroller exercises to help you burn calories and tone your muscles.

Days: Tuesday and Thursday

Dates: July 7 – Aug 6

Deadline: June 30

Time: 10:00 am – 10:45 am

Fee: \$20 Members
\$40 Non-Members

Instructor: Fitness Director
Stacy Crase



The class will meet at the YMCA. The class will stop for some lunges and squats and continue with the walk. If you would like to use dumbbells, please bring them.

Questions?

Please contact Fitness Director, Stacy Crase at (620) 275-1199 or
gckymca.fitness@gmail.com.

Strollerobics

Name _____ DOB _____ Age _____

Address _____ Phone _____

City _____ State _____ Zip _____

Email _____

Office use only: Director Call _____ Staff Initials _____