

Stroller Fit

By Mari-Lynn Wilson



Stroller Fit is a class designed for moms with stroller aged children to get them active and moving! This class is a combination of plyometric movements, body weight movements, small hand weights, and walking/running. This class will include encouragement from your fellow moms and activities to keep your babies and toddlers busy.

Modifications and challenges will be provided so that class will be beneficial for people of all abilities! Jogging strollers are not required, but are suggested and physician clearance is required if you are less than six week postpartum.

Student's Name: _____

Phone Number: _____ Email: _____

Address: _____ City: _____ Zip: _____

Meets Tuesdays and Thursdays at 10:00 AM at Ramsey Park.

Cost of admission is \$30 per month due the day before the first class of the Month or FREE with your Gym Pass

Photo Release: I give permission for my child or self to be photographed, videoed, and for media to be posted, printed, or used for publicity on websites, social media, advertisements, and flyers at the discretion of McMinnville Tae Kwon Do, and McMinnville Parks and Recreation.

Liability Release: In consideration of the acceptance of application I/we hereby waive, release and discharge any and all claims for damages, for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said events. This release is intended to discharge in advance the City of McMinnville, Tennessee, its offices, employees or agents, third party instructors, and all of their divisions, organizers, sponsors, supervisors, and participants from liability, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Signature: _____ Date: _____

