



New Program!

Outdoor Stroller Fitness!

No daycare? No problem!

Bring your kid(s) in a stroller and join Staci at Birdsall park for a full body workout using body weights and various cardio activities. This 45 minute class will keep your kids entertained while you are getting lean and strong!



4-Week Session
Birdsall Park, Cedar Falls
July 7th-28th
Wednesday's 10-10:45am
\$20 for Rec Members
\$30 for Non-members



Call 319-273-8636 or register through the Leisure Link!

www.cedarfalls.com/fitness

