



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Strong Families Start Here Movin' With Mommy

This class is specially designed for new mothers. Develop core strength, endurance and muscle tone, while bonding with your baby!

**Mondays at 6 pm in Studio 1,
Wednesdays and Fridays at 10 am in Studio 1**

***Bring your baby, and an approved front or back carrier!
FREE to members, \$10 for non-members***



**Taught by Victoria Bruce, NASM
Certified Personal Trainer!**

Parent & Child Classes

Rocky Mount
295 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622