



## 2009 SUMMER CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mommy-Moves! 9:30 A.M. Meadow Ridge Park Rumson	Mommy-Moves! 9:30 A.M. Cross Farm Park Holmdel	Mommy-Moves! 9:30 A.M. Meadow Ridge Park Rumson	Mommy-Moves! 9:30 A.M. Cross Farm Park Holmdel	Mommy-Moves! 9:30 A.M. Meadow Ridge Park Rumson	Beach Boot Camp No kiddies just YOU! 8:30 A.M. Free Beach Sea Bright
	Mommy-Moves! 9:30 AM Long Branch Boardwalk	Kids-Move! Fitness 9:30 AM Meadow Ridge Park Rumson Beginning July 8th	Mommy-Moves! 9:30 AM Long Branch Boardwalk	Little Sun Yoga 9:30 AM Meadow Ridge Park Rumson Beginning July 10th	
	Mommy-Moves! 9:30 AM Divine Park Spring Lake BEGINS END OF JUNE			Mommy-Moves! 9:30 AM Divine Park Spring Lake BEGINS END OF JUNE	

### For additional information:

**Mommy-Moves:** Lori Sawyer, 732-539-7711, lori@mommy-moves.com

**Kids-Move:** Mary Patterson, 732-320-5166, mary@kids-move.com

**Little Sun Yoga:** Marissa Spano, 732-291-3032, info@littlesunyoga.com

**Boot Camp & Small Group Training:** Jen Vieth, 732-861-1505, vieth\_family@msn.com

## Class Descriptions

**Mommy-Moves! Fitness Stroller Class: (newborn to 5)** A stroller based class that will make you sweat! This is an awesome workout taught by qualified motivating MAMMA instructors! All levels are welcome and it is a non intimidating way to get back into shape, or continue your fitness routine once in shape with your little one in tow. Children will get the amazing benefit of learning fitness is a good thing at an early age and will socialize with other kids. A sturdy stroller or jogging stroller is recommended (no umbrella strollers). Please bring water, a towel or mat, and anything you need for your child. This 1 hour class includes full body and core strength training, with bands and body weight, cardiovascular and flexibility exercises. If there is bad weather, small group training is provided indoors.

**Kids-Move Fitness (ages 3-6):** This program is designed to combat the growing problem of childhood obesity and inactivity. We like to call it PREVENTION! Kids will learn healthy eating habits, body and spatial awareness, balance and coordination, team building skills, gross motor skills and so much more! They will be introduced to water, veggies, fruits, grains, proteins, and good snacking.

**Little Sun Yoga: (ages 3-8)** In these imaginative, interactive and physical classes – your child will learn breathing techniques, learn how to relax & stretch and move as they learn the different parts of their body through yoga poses. Perfect for the hyper-active or socially-reserved child!

**Beach Boot Camp: Adults Only, male and female can attend!** This workout is a great way to start your weekend. Workout watching the Atlantic and get a great sweat. This 1 hour bootcamp class consists of lots of strength work, drills, running, soft sand sets and more! Once you are done, you won't regret this workout! Please bring water and a towel. Class will run in light rain.

**Small Group Training:** One of our qualified instructors will work you and your group out and personalize a workout that will suit everyone involved. Pricing dependant on amount of people in the group and location. We can work around your specific schedule to find days and times that work for you. Can be done as a private stroller class, with or without kids, you decide! Nutritional counseling can also be offered for an additional cost.

**Private Personal Training:** One of our qualified instructors will provide you with a one on one workout that is completely personalized for you. Body fat measurements and tracking are included in these sessions. Nutrition counseling can be added for an additional cost. Cost will depend on the instructor and location of training.

**Nutritional Counseling:** We offer a 6 month program that includes 12 1 hour session that can be done via telephone or in person. The sessions are conducted 2X a month. In between sessions, you receive unlimited email support, a monthly newsletter, monthly workshops and updates, resources, and handouts that are relevant and personalized for you! It is a step by step process to help you reach your goals and change your life! It is about a lifestyle! Private and group training can also be offered for an additional cost.