

Mommy-Moves™ and Kids-Move™
 Fall Schedule
 September, October and November 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mommy-Moves Stroller Fitness 9:30 AM	Pilates In The Park Mammas Only 9:30 AM 4 week session(Sept 7-28)	Mommy-Moves Stroller Fitness 9:30 AM	Extreme Mommy Boot Camp Mammas Only 9:30 AM 4 week session (Sept 9-30) 4 week session (Oct 7-28)	Mommy-Moves Stroller Fitness 9:30 AM	MOMMY-RUNS! 5 Mile Training Program for the BEAUTY AND THE BEACH All Womens 5 mile run Begins September 11th Run is November 13th
	Core and Cardio Mammas Only 9:30 AM 4 week session (Oct 5-26)				

MM: Mommy Moves Stroller Fitness Class

Bring your little one and get fit! All levels welcome in the circuit style class that incorporates strength, cardio and core flexibility work. Durable Stroller is required. Please bring water, a mat or towel and anything you need for your child. 1 hour class

KM: Kids-Move Fitness Class

Ages 3-6 and 7-9. FUN, FITNESS, and NUTRITION, together into one class. Each session will follow a nutrition theme while your child participates in games activities that will have them running, jumping, throwing, catching, kicking, balancing and much more!

RUN THROUGH THE MONMOUTH COUNTY PARK SYSTEM, SEE MCPS WEBSITE TO REGISTER

BC: Extreme Mommy Beach Boot Camp

This class is for mammas only! Enjoy this kids free hour sweating in the beautiful fall air! This heart pumping muscle building class will surely give you the body you dream of! Bring a Towel and water and get ready to get down and dirty with us!

PIP: Pilates and MORE In The Park

Join Eun Young for this 1 hour MAMMA ONLY pilates based mat class in the park! Lengthen your limbs, strengthen your core and enjoy the fall air. Bring a mat or towel and water.

CC: Core and Cardio:

Step up your cardio workouts, burn fat, lose weight and tighten and tone your bod! This 1 hour MAMMA ONLY class works strictly on cardiovascular exercise and core strength. You will experience a different workout each week, including sprints, intervals, and loads of fun! Bring water and prepare to take it to the next level!

PRIVATE & SMALL GROUP TRAINING AND NUTRITIONAL COUNSELING ARE ALSO AVAILABLE, PLEASE CALL TO SCHEDULE A CONSULTATION

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1 STROLLER	2 STROLLERS	3 STROLLERS	PILATES IN THE PARK!	Extreme Mommy BootCamp!!!
1 MM stroller class per week	2 MM stroller classes per week	3 MM stroller classes per week	Tuesdays 9:30AM	Thursdays 9:30AM
Once a Week Monthly	Twice a Week Monthly	Three Times a Week Monthly	Meadow Ridge - Mamas only!	Meadow Ridge
\$12.50 a class	\$11.50 a class	\$10 a class	\$50	Mamas only!!
4 week (4 classes): \$50	4 week (8 classes): \$92	4 week(12 classes): \$120	4 weeks (Sept 7-28)	\$50 per 4 weeks!
			CORE & CARDIO!!!	4 weeks (Sept 9-30)
			Tuesdays 9:30AM	4 weeks (Oct 7-28)
Meadow Ridge (Mon, Wed, or Fri)	Meadow Ridge (Mon, Wed, or Fri)	Meadow Ridge (Mon, Wed, & Fri)	Meadow Ridge - Mamas only!	
(rain & sick days must be made up in same month)	(rain & sick days must be made up in same month)	(rain & sick days must be made up in same month)	\$50	
			4 weeks (Oct 5-26)	

Stroller fitness classes, workshops, small group training, private training, nutritional counseling, kids fitness, beach bootcamps, running programs, family wellness and more!

For more information on classes and programs please contact:

Mommy-Moves
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Kids-Move
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 732-320-5166



Weight Loss Packages
Mary Patterson, BS, ED, CHHC
 Mary can help and your family lose weight, eat clean and create a healthy lifestyle you have dreamed of!
 Private, small group, and family nutritional packages are available.
 Please contact Mary directly for more info and to schedule an appointment to change your life!

Small Group Training
 2 people \$35 pp 4 week min
 3-4 people \$25 pp 4 week min