

Mommy-Moves™ Kids-Move™ Spring Schedule April and May 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mommy-Moves Fitness 9:30 AM Meadow Ridge Park, Rumson	Small Group Classes Set up by apt	Mommy Moves Fitness 9:30 AM Meadow Ridge Park, Rumson	Mommy Moves Fitness 9:30 AM Meadow Ridge Park, Rumson	Small Group Classes Set up by apt
		Kids Move Fitness 9:30 AM Meadow Ridge Park, Rumson		

PRIVATE PERSONAL TRAINING AND NUTRITIONAL COUNSELING ARE ALSO AVAILABLE, PLEASE CALL TO SCHEDULE A CONSULTATION

*Additional Classes will be offered through the spring and added on schedule

For more information on classes and programs please contact:

Mommy-Moves

www.mommy-moves.com

lori@mommy-moves.com

732-539-7711



Kids-Move

www.kids-move.com

mary@kids-move.com

732-320-5166

www.facebook.com/mommymoves

www.facebook.com (search Kids Move)



Stroller fitness, workshops, small group training, private training, nutritional counseling, family wellness and more!



Mommy-Moves™ Kids-Move™ Spring Schedule

April and May 2010

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. FUN, FITNESS, and NUTRITION, together into one class. Each session will follow a nutrition theme while ur child participates in and activities that will have them running, jumping, throwing, catching, kicking, balancing and much more!

Runs the same time as Mommy Moves!

Monthly Package 1 FIT MAMMA	Monthly Package 2 SUPER FIT MAMMA	Monthly Package 3 HARD BODY MAMMA	Package 4 KID FIT FUN!	Package 5 FAMILY FIT!
1 MM class per week ALL NEW can take any class during week! \$12.50 a class 4 week (4 classes): \$50 8 Week (8 classes): \$100 (rain and sick days must be made up in same month)	2 MM class per week ALL NEW can take any classes during week! \$11.50 a class 4 week (8 classes): \$92 8 week (16 classes): \$184 (rain and sick days must be made up in same month)	3 MM classes per week ALL NEW can take any classes during week! \$10 a class 4 week(12 classes): \$120 8 weeks (24 classes): \$240 (rain and sick days must be made up in same month)	Kids Move 6 week session begins: April 21st 6 weeks: \$90 Siblings 20% off RAIN DAYS WILL BE MADE UP WILL PUSH CLASS BACK TO NEXT WEEK	Kids Move and Mommy Moves 6 week package for both mommy moves and kids move on Wednesdays beginning April 21st 20% off 6 weeks of mommy moves and kids move every wed for 6 weeks \$132

Weight Loss Package Descriptions

Package 1

Weight Loss Support Group

4 weeks \$100

Meets once a week for 1 hr

What is included:

Binder of Information

Email Support

2 recipes a week

1 individual follow up between each session

1 group follow up between each session

handouts each session

Package 2

Private Nutrition

4 week session: \$250

8 week session: \$450

ADD A BUDDY

\$175 more for 4 weeks

\$300 more for 8 weeks

Small Group Training

2 people

\$35 pp 4 week min

3-4 people

\$25 pp 4 week min