

Mommy-Moves™ and Kids-Move™ Summer Schedule

June, July and August 2010



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|
| Mommy-Moves Fitness 9:30 AM Meadow Ridge Park, Rumson | Mommy-Moves Fitness 9:30 AM Pier Village, Long Branch | Mommy-Moves Fitness 9:30 AM Meadow Ridge Park, Rumson | Mommy-Moves Fitness 9:30 AM Pier Village, Long Branch | Mommy-Moves Fitness 9:30 AM Meadow Ridge Park, Rumson | Extreme Mommy Boot Camp 8:00 AM Surfer Beach, Sea Bright Between Surfrider & Sea Bright Beach Clubs (starts 7/10) |
| | | Kids Move Fitness 9:30 AM Meadow Ridge Park, Rumson | | | |

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 your child participates in games activities that will have them running, jumping, throwing, catching, kicking, balancing and much more!
Runs the same time as Mommy Moves class on Wednesdays at Meadow Ridge Park!!!

BC: Extreme Mommy Beach Boot Camp

This class is for mamas only! Enjoy this kids free hour sweating to beautiful views of the Jersey shore! This heart pumping muscle building class will surely give you the beach body you dream of! Bring a Towel and water and get ready to get down and dirty in the sand with us! 1 hour class

| FIT MAMMA | SUPER FIT MAMMA | HARD BODY MAMMA | KID FIT FUN! | FAMILY FIT! | EXTREME MOMMY BOOTCAMP |
|--|---|---|---|---|--|
| 1 MM class per week | 2 MM classes per week | 3 MM classes per week | Kids Move | Kids Move and Mommy Moves | July 10 - Aug 28 |
| Once a Week Monthly \$12.50 a class 4 week (4 classes): \$50 Meadow Ridge & Long Branch (rain & sick days must be made up in same month) | Twice a Week Monthly \$11.50 a class 4 week (8 classes): \$92 Meadow Ridge & Long Branch (rain & sick days must be made up in same month) | Three Times a Week Monthly \$10 a class 4 week(12 classes): \$120 Meadow Ridge (rain & sick days must be made up in same month) | 6 week session begins: July 14th 6 weeks: \$90 Siblings 20% off RAIN DAYS WILL BE MADE UP WILL PUSH CLASS BACK TO NEXT WEEK | 6 week package for both mommy moves and kids move on Wednesdays beginning July 14th 20% off 6 weeks of mommy moves and kids move every wed for 6 weeks \$132 | July Monthly \$50 (4 classes) August Monthly \$50 (4 classes) Summer Pack \$80 (8 classes) Drop In \$15 |

****The June pack for Long Branch is \$24 for Once a Week Pack and \$42 for Twice a Week Pack for the last 2.5 weeks of June! July & August are same as above!!!

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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

www.mommy-moves.com

www.facebook.com/mommymoves

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732-539-7711

732-861-1505



Kids-Move

www.kids-move.com

www.facebook.com (search Kids Move)

mary@kids-move.com

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

COMING THIS FALL, next session of Mommy-Runs!

Run 5 Miles with us at the BEAUTY AND THE BEACH RUN! (An all women run benefiting Aslan Youth Ministries)

Saturday morning group runs start September 11th at rotating parks within Monmouth County

9 week structured program culminating at the Beauty and the Beach 5 mile run on November 13th

Weekly homework, exercise log, Email support and an integrated buddy system

\$150 (includes a t shirt and registration to race!)