



STROLLFIT™

Fitness for you. Fun for your child.



MOMS “**Can Do**” event is sponsored by Baby Boot Camp-Orlando, Doorstep Delivery, Moms Run this Town-East Orlando, and Orlando Moms Blog-Enjoy a complementary community class in Blue Jacket Park to support Second Harvest Food Bank. Lets help stock their pantries for the holidays!

STROLLFIT is a fun boot camp style class that involves your stroller & child(ren). Bring 2 canned goods to use as your weights during the workout. We will then collect the cans to be donated.

If you can't join the workout we would love to help take your donations to Second Harvest Food Bank, please **DROP-OFF** at the park under the pavilion as moms work to box can donations and enjoy a yummy post workout breakfast from Doorstep Delivery. BIG THANK YOU to Pepsi Co. for donating over 50 cases of water for the moms & the food bank!

After class, Doorstep Delivery will have breakfast for the moms, plus Baby Boot Camp & Moms Run this Town will be doing some giveaways of goodies for volunteers that stay to help pack up cans.

Date: Friday, November 14, 2014, Class 9:30A, DROP-OFF 10:30-11:30A

Format: Enjoy 60 minute of strength and cardio intervals, all while using our canned good items as weights! PLUS, Sneak Peek at **STROLLGA** for 2015!

What to Bring: All you need to bring is a water bottle, stroller (any type except for umbrella stroller), yoga mat or towel, canned goods.

Location: Blue Jacket Park, 2501 General Rees Ave, Orl, 32804

RSVP on Facebook or by Emailing Kirsten.Evans@babybootcamp.com

