

BE FIT, LIVE FIT, STAY FIT!



Stroller Fit W/ Stacy & Noah

Mary Perry Ragsdale Family YMCA

Keep your baby within arms reach while you exercise with other moms and caregivers. This is the ultimate exercise experience you can share with your baby. Class includes Cardio components, Strength training & Flexibility training.

Every Wednesday @ 9am
in the GYM!

