

BRING YOUR BABY AND GET FIT!



Baby Boot Camp is stroller based fitness classes that are designed specifically to help get parents fit. Classes combine strength-training exercises with cardiovascular drills. The stroller, resistance tubes and even your child are used as an integral part of the workout!

*Pregnant moms must have a note from their health care provider indicating that they have been cleared for exercise. Postnatal moms must be 6 weeks postpartum (8 weeks if delivered by cesarean section).

CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am-Msvl	9am-YC	8:30am-PL 75 mins	9am-YC	8:30am-PL 75 mins	9am-YC

All classes are 55 minutes unless otherwise noted.

Winter sessions held at Yuba-Sutter Mall

PARK LOCATIONS:

- *Marysville (Msvl)-Miner Park
Sampson Street & 14th Street
- *Yuba City (YC)-Sam Brannon Park
Gray Avenue & Spiva Avenue
- *Plumas Lake (PL)-Bill Pinkerton Memorial Park
Hidden Creek Way & Knights Ferry Drive

REGISTRATION:

- Yuba County Gov't Ctr-915 8th Street, Ste 123, Marysville, CA
PHONE: (530) 749-5670
- \$50.00 per month membership



Funded in Partnership with



"A Tobacco Tax Program"