



*STRATHMORE MOTOR PRODUCTS  
SPORTS CENTRE*

# ***MOMMY & ME FITNESS***

Get back in shape and bring your little one along for this post baby program! This class incorporates cardio and strength training and is great for anyone new or seasoned to fitness. Please note that all registrants must be a minimum of 6 weeks postpartum with doctors clearance prior to the program start date.

**FOR MORE INFORMATION, PLEASE  
CALL (403) 361-2121.**

Sept. 3 - Oct. 29  
Tuesdays & Thursdays  
10:00 - 11:00 AM

Instructor: Katelyn Redekopp  
Cost: \$150/session (members only)  
\$165/session (non-members)  
\$12/drop-in fee (if spots are available)