



BERGEN

Oradell's Wellness Campaign Introduces Stroller Strides®

Every other Thursday at 9:30 am

At Memorial Field

April 12 & 26

May 10 & 24

June 7 & 21

Cancelled if weather is bad
Check website



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** Please wear sneakers, comfortable clothes,
bring a mat or towel, stroller not prone to tipping,
plenty of water & anything baby may need**

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt!

This class is all about self care in a supportive and encouraging environment.

Oradell Residents & Employees only 18+ years