

**4 weeks**

MAR 7-28th

# POWER PARENTS ON THE TURF

**WITH JENN C**

All Fitness Levels

Mon 11-11:45 am

**Members: Free**  
**Non-Members \$25**

No fee for children.

**CALL (781) 585-3883**  
**for details**

Parents with one or more stroller-aged children, grab the kids & your strollers & head to the turf for this 45-minute interval-based class! Cardio, strength & core exercises for a total body workout. Great music & fun games for the kids will be played throughout. Kids who are not in strollers are welcome to join in on the workout!

No kids? No problem! You DO NOT need to have a child with you to participate. Everyone's welcome!

**KingsburyClub.com**

