



STROLLER STRIDES®

at Broadway Mall

Fitness For Mom, Fun for Baby™

**A total fitness program for Moms
with their babies.**

For information contact Beth
at 347-677-2483
bethkichel@strollerstrides.net

[www.strollerstrides.net/
longislandnassaucounty](http://www.strollerstrides.net/longislandnassaucounty)

Broadway Mall Classes:

**Monday, Wednesday,
Thursday and Friday
from 10:00 - 11:00am**