



Stroller Fitness Walk

For families with children under 15 months
★ (children need to be in a stroller or wagon for the walk)

Join us and other families with little ones in strollers for fitness & fun!
Each class will include walking fitness, balance, strength and flexibility
throughout the walk.

Friday Mornings
May 3, 10, 17, 24, 31
Haliburton
Head Lake Park
9:45 am to 10:30 am



Weather permitting.
Check Facebook for any
possible cancellations before
heading out.



EarlyON
Child and Family Centre