



# 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 included 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 our website/Facebook  
for any possible cancellations  
before heading out.



**EarlyON**  
Child and Family Centre