

Freedom Physical Therapy Services is proud to announce a new class in our weekly line up....

Mom + Baby Fit



Mom Fit is a fun way to exercise while bonding with baby and meeting other moms in the area. We use our strollers and community of other moms in the group to target all areas of our body during this 60 min class. During the class you will use the stroller and your baby to complete circuits of varying level of difficulty and finish the class

with pelvic floor exercise and stretching. This class was designed by a Pelvic Floor and Postpartum specialist to target the areas that are in need of attention and strengthening after giving birth. Participants must be at least 6 weeks postpartum to participate. Come join us for a morning of fun! We will be near the playground if you would like to bring an older child along to play while you exercise with your baby.

Please bring with you a stroller, mat or towel, and water.

Location: Doctor's Park - 1870 E Fox Ln, Fox Point, WI 53217

August 13th, 2019 9:30am