



the Strength for Motherhood

Do You Want Your Body Back?



WHAT IS BODY BACK®?

It is a results based workout program for moms of any age. Inspired by the *Mama Wants Her Body Back* video series, it offers high intensity, interval workouts along with before and after fitness assessments, coaching and support so that you will see weight loss, increased strength and energy. Unleash your personal possibilities!

WHEN: January 11th-March 9th, Wednesdays and Fridays 5:45am – 6:45am
(Includes an extra week for winter break or potential weather cancelations)

PRICE: \$369 (16 classes @\$23/class - Includes 2 High Intensity Interval Training workouts per week, Meal Plan, Food Journal, Before and After Assessments and On Line Support)

WHERE: Briarcliff Manor Youth Center - we may hold class outside if weather permits

SIGN UP: Email: Kristen Riolo at kriolo@strollerstrides.net
Phone: 914.977.3038
Only 10 Spots Total & only 6 Still Available

Sign up now and get your FREE Mama Wants Her Body Back video!

