

WELCOME TO STROLLER STRIDES!

We are so glad you chose us for your fitness needs and hope you enjoy the Stroller Strides Program! Stroller Strides is a great way to get in shape, meet other moms and their children and to gain support as a parent. Below are our policies and how to contact us with any questions or concerns you may have regarding your membership.

MONTHLY MEMBERSHIP BENEFITS:

Classes can be attended at Westfield Countryside, Westshore Plaza, Westfield Brandon, or Westfield Citrus Park. We also have select seasonal outdoor locations TBA by season. Registration Fee (\$79) includes a new member kit with a level 1 (green) resistance band, some local & national vendor goodies. Red resistance bands are available for purchase from your instructor for \$12.

PAYMENT FOR MONTHLY MEMBERSHIP:

We accept most credit cards. Payment is automatically charged on the 1st of the month. There is a \$10/month fee to opt-out of autopay or pay to by check. Funds that are denied for any reason will be subject to a \$25 re-processing fee. You may manage your account by logging onto: <https://fit4mom-tampabay.frontdeskHQ.com/> A 14 day notice is required for cancellation. You can cancel/hold at tampabay.fit4mom.com/membership-change-form.

HOLD POLICY:

You may put your membership on hold for a minimum of one month at a time and a maximum of 4 months throughout the calendar year at no charge. We require two weeks written notice to put your account on hold. An end date to your hold must be provided and membership will automatically resume on that date. If you have an unexpected concern, please contact Amanda Hurst at tampabay@fit4mom.com. You can place your membership on hold at tampabay.fit4mom.com/hold-form.

MEMBERSHIP CHANGES:

Want to step up your game and add more classes? Going back to work? You can upgrade/downgrade your membership at any time. Membership dues will be pro-rated accordingly. Written notice is required by submitting form at tampabay.fit4mom.com/membership-change-form.

REFER A FRIEND:

Refer new members to Stroller Strides! If they join as a monthly member, you will receive a \$10 FIT4MOM credit! There is NO LIMIT on how much you can save! Start recruiting! You may request FREE CLASS coupons to pass out from your instructors or by emailing tampabay@fit4mom.com.

PRICES/POLICY CHANGES:

Pricing and policies are subject to change at any time.



STAY INFORMED:

You will be added to our e-mail list to receive important updates and receive our monthly newsletter. You can also “like” our Facebook page (fb.com/fit4momTB) AND join our Facebook Group (fb.com/groups/fit4momTB) to network with other moms, RSVP for events such as Playgroup and Mom’s Night Outs, special events and be aware of any updates for classes including inclement weather locations. If you are not on Facebook, you can join our Meetup group for other event specifics! (meetup.com/fit4momTB)

STROLLER POLICY:

Children must remain in their stroller throughout class for their safety and the safety of the other moms, with the exception of young babies being removed to be placed in a carrier. Children may come out of their stroller during cool down ONLY if they can/will stay on your mat during ab exercises.

LEAVING CLASS EARLY:

If you need to leave class early for any reason, please notify your instructor ahead of time or let them know during class. When you disappear for any reason without letting us know, we worry about you! There may be times where you may need to sit out to change a diaper or feed and that’s totally fine! You can always catch up with the class when you are finished. Just try to let the instructor or a friend know so we know to look for you and expect you to rejoin the class.

GOT VISITORS?

Have family or friends in town? Is hubby off of work for the day? Bring them to class FREE of charge! If you have an extended stay guest who will participate longer than one week, they will be subject to a \$5 per class charge. We also often offer FREE family classes and encourage you to bring your family on those days.

INCLIMENT WEATHER POLICY:

Due to the quick changes in Florida weather, class will be cancelled no sooner than an hour before class, unless extreme weather is forecasted. Class cancellations will always be posted on Facebook in our group & fan page. If in doubt, call/text your instructor.

MEMBER SERVICE:

For any matter pertaining to your membership or if you have a specific concern or issue, please do not hesitate to contact us. Our goal is to make sure you and your children have a great fitness experience with us. We truly appreciate you choosing Stroller Strides and if there is anything we can do, we will be happy to accommodate you! To contact, please call Amanda Hurst at 855.5.FITMOM or you can email us at tampabay@fit4mom.com. Don’t forget to also follow our website & blog at tampabay.fit4mom.com!



It's inevitable, class is coming to an end and your child has had enough..."I want out!" she screams. While we know it's sometimes tempting to let your little one out during class, we are urging you to be mindful of Fit4Mom's policy of keeping children safely secured in the stroller for the duration of class. It is very likely that a loose child could be injured by a snapping exercise tube or a falling stroller, especially if mom is distracted by the exercise she is performing.

For your child's safety and your peace of mind, please adhere to our policy and assure her that she can get out after our final and most important stretch – a smile. That's when we let the children run and play, after the tubes have been put away and mom can focus her attention on her child. It only takes one child out of the stroller to set off a chorus of screams from the other children. If you feel you do have to let your child out, please excuse yourself from class and try again the next class or take a break and catch up to us when you are both ready to rejoin class. Of course, you are always welcome to hold or wear a crying baby!

Here are some tips for a safe and happy Stroller Strides class.

- Bring a "special" toy that your child only gets during class
- Make sure to bring plenty of snacks
- Designate "Stroller Strides only" toys
- Give extra tickles & kisses
- Turn stroller away from mommy
- Park next to new friends
- Trade strollers with another mom

Here are some age specific ways to help:

Ages 1 and under: Provide a "lovey" or favorite teething toy, cover the stroller with a blanket to shield some light and noise (especially at nap time). Sometimes these things can be overwhelming to an infant. **After 10 months:** start to use a snack trap with something to eat. Be careful with your selection of snack as many may become choking hazards and you won't always have your eye on baby during exercises.

Age 1-2: Get to class early for some run around or play at the playground time. Use interactive toys such as phones, books that make sound, nursery rhyme toys, and drawing toys during class. If a toddler just won't cooperate, do not get frustrated, because they will pick up on that. Try to speak quietly to calm them down.

Age 2-3: Get to class early and let your child run around or play at the playground before class. Let them help pick songs either in the car on the way to class or on the fly at class. Try coloring books with mess free markers, sticker books, and finger puppets.

Age 3-4: In addition to the above suggestions, let your child be a STAR!! Children in this age group love to be the "Big Kid". Enlist their help in entertaining the smaller children with props you can bring from home, or borrow from your instructor. Puppets, bubble guns, books, show and tell – use your imagination. Allow your child to gather items from your home in a special bag to show the other children. If they will be passed around, make sure they are safe for smaller children, and not favorites that could become broken.

All kids like to test boundaries and if you let them out once, they will forever be testing you to see if you will do it again. Be consistent and they will know you mean business! Thank you for your cooperation!

