

# MOMMY & ME FITNESS CLASSES!

Get Fit, Bond, and Have Fun with Your Little One!

Because Strong Moms Raise Strong Kids!

## JOIN US!

Introducing our exciting new Mommy & Me Fitness Class designed for moms and their toddlers! This fun, energetic class is perfect for mothers looking to get active while spending quality time with their little ones. Whether you're a fitness enthusiast or just starting your journey, this class offers something for everyone.

## WHAT

### 1. Interactive Workouts:

Engage in playful exercises that incorporate your toddler, ensuring both you and your child have a great time.

### 2. Build Strength & Stamina:

Improve your fitness while setting a healthy example for your child.

### 3. Bonding Time:

Strengthen the bond with your child(ren) through shared activities that encourage teamwork and trust.



### Details:

**Location:** Aptitude Fitness  
8033 University Blvd, Clive

**Schedule:** Wednesdays  
Friday Pop Ups!  
9:30 am

**Age Group:** Suitable for  
toddlers aged 12 months to 4  
years.

**Duration:** 45 minute class

**Reserve your spot today!**

Call us at 515-732-5744 or  
visit [www.aptitudedsm.com](http://www.aptitudedsm.com)

Follow us on      
for updates, tips, and more.



  
**APTITUDE**  
FITNESS

[www.aptitudefitnessdsm.com](http://www.aptitudefitnessdsm.com)

We're not just about workouts; we're about instilling a sense of wonder at what you are truly capable of.

Welcome to Aptitude, where we witness everyday miracles of transformation.