



Stroller Strong Moms Nashville provides moms a unique, fun, and challenging total-body, hour-long workout. Our overarching mission is to bring women together to S.L.A.M. – Sweat Like A Mother – not only as moms, but also as athletes who show their children that our bodies are the greatest instruments we will ever own. All of our classes are stroller-friendly, so moms can bring their little ones along and get a good sweat in without arranging for childcare. We provide moms with a community of support to empower them, through their fitness journey, but also through motherhood.

Membership

There are multiple membership options for SSM.

What's in a Membership/Class Pass?

Stroller Strong Moms is about so much more than a 1-hour workout class! It is a way to care for your own physical AND mental health:

Playgroups – Playgroups are once a month. Every Stroller Strong Mama is welcome and encouraged to stay after class and participate with your kiddos. It is a great way to mingle and meet the other mamas, and for the kids to play together. There are a variety of activities to suit all children (stories, movement, games, songs, etc.)

Mom's Night Out (MNO) - This just may become the highlight of your month! This is our once-a-month, time to get away from our kiddos, just laugh, and relax with one another. Dinners, craft nights, canvas painting, concerts, scavenger hunts, hikes, and trivia nights are just some examples!

Community Races and Runs - This is an opportunity to try something you've never done before, or keep doing something you already enjoy! Whether you sprint, jog, walk, or crawl through a race - crossing the finish line is still just as amazing!

Field Trips - Occasionally, we will hit different spots around Nashville, so stay tuned! There may be seasonal field trips to the zoo, a farm, etc., or a field trip may be at a different park in Davidson County. The possibilities are endless!

We will have a closed Facebook group for Stroller Strong Moms Nashville, and you can follow us on social media for the most up-to-date information about inclement weather, theme-classes, playgroups, MNOs and other events.

Questions?

Please feel free to email Sarah with any questions or concerns!
slamnash@strollerstrongmoms.com

PRICING

MONTHLY UNLIMITED \$65

10-CLASS PASS \$95

5-CLASS PASS \$55

SINGLE CLASS DROP-IN \$15

SCHEDULE

Monday: Shelby Park, 9:30
 Tuesday: Gordon JCC, 10:00, starting 11/20/18
 Wednesday: Shelby Park, 9:30
 Thursday: Gordon JCC, 10:00, starting 10/18/18
 Friday: Shelby Park, 9:30
 Third Sat, ea. month: Baby+Co, 8:00, starting 10/20/18



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