

121 W. Broadway St.  
Prosper, TX 75078



# NEWS RELEASE

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FOR IMMEDIATE RELEASE

Media Contact: Celso Martinez, 972-623-8836

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## Stroller Strides marks second anniversary with 'party' *Anniversary party includes free workout, snacks and activities*

PROSPER (March 14, 2016) Stroller Strides is having an anniversary party and they're inviting Prosper moms and their kids to attend, have snacks and enjoy a free workout.

FIT4MOM Stroller Strides is celebrating its second anniversary in Prosper on Wednesday, March 23 from 9:30 a.m. to 10:30 a.m. at Frontier Park. The "party" is actually a free class for moms and their children, after which special snacks and fun activities will be offered.

The specialized exercise and fitness program is offered through a partnership with the Prosper Parks and Recreation Department. Classes meet every Monday, Wednesday and Friday from 9:30 a.m. to 10:30 a.m. at the park, 1551 Frontier Parkway.

Stroller Strides is much more than just a walk in the park! All classes are taught by certified instructors who are also moms. Each hour-long class includes a total body workout with power walking and running for participants who want more intensity. Strength and toning using resistance bands and body weight are also a part of the workout. And, it's always fun for the kids. Classes are set up for all fitness levels, from the mom just getting back to exercising, all the way to marathon runners.

FIT4MOM is the country's largest fitness program for moms offering pre- and post-natal fitness classes for every stage of motherhood. With a mission to help moms make strides in fitness, motherhood and life,<sup>®</sup> classes seek to help moms achieve their ultimate potential, physically and emotionally. The program also offers support, education and inspiration for optimal health and well-being.

"We inspire children to emulate their moms and make fitness a part of their lives," said FIT4MOM local owner/instructor Leslie Cuevas. "It's a great way to get in shape, meet other moms, and have fun with your little ones all at the same time."

FIT4MOM Stroller Strides is part of the ongoing year-round schedule of programs offered through the Prosper Parks and Recreation Department to promote family and neighbor interaction in community parks. Special events scheduled for 2016 include the Prosper Community Picnic and Christmas Festival. For a full listing of Town recreation programs and to register for classes, visit [www.ProspersParksandRec.org](http://www.ProspersParksandRec.org). For more information, contact Julie Shivers, Recreation Coordinator, at [julie\\_shivers@prospertx.gov](mailto:julie_shivers@prospertx.gov).

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**ABOUT THE TOWN OF PROSPER** – The Town of Prosper is a fast-growing suburb with small town charm, located 30 miles north of Dallas at the crossroads of U.S. 380, Preston Road and the Dallas North Tollway in Collin and Denton Counties. Prosper sits on 27 square miles and is home to more than 17,800 people. A home-rule municipality, governed by a council-manager form of government, the town has full-time fire and police departments, including its own dispatch service. As the Town grows to its projected build-out population of 70,000 residents, Prosper's vision is to remain a "Place Where Everyone Matters."