

WELCOME TO STROLLER FIT!

WE ARE EXCITED TO HAVE
YOU JOIN US! THIS PACKET
HAS INFORMATION & DETAILS
YOU WILL NEED FOR THE 2024
STROLLER FIT SEASON!



MY NAME IS REBECCA & I AM
THE OWNER AND LEAD
TRAINER HERE AT FFM! AND
I AM THE PERSON YOU TALK
TO VIA EMAIL OR TEXT
ALWAYS!!

ONCE YOU REVIEW THIS
PACKET AND LET ME KNOW
IF YOU HAVE ANY
QUESTIONS!

WHAT TO BRING TO CLASS

THE CLASS CHECKLIST:

- YOGA MAT
- WATER BOTTLE
- 3-8LB HAND WEIGHTS, 5LBS IS TYPICALLY A GOOD STARTING POINT BUT IT ALL DEPENDS ON YOUR FITNESS LEVEL
- CLOTHES YOU CAN MOVE IN
- PROPER ATHLETIC FOOTWEAR
- A SNACK FOR YOU FOR FOLLOWING THE CLASS - I'M ALWAYS STARVING AFTERWARDS SO IT'S GOOD TO PLAN AHEAD!
- A BLANKET FOR THE LITTLE ONE TO SIT ON



HOUSEKEEPING...

WE TRY TO CHOOSE LOCATIONS WITH
WASHROOMS ON SITE FOR EVERYONE'S
CONVENIENCE.

PLEASE ARRIVE A FEW MINUTES EARLY TO
EACH CLASS SO THAT WE CAN START RIGHT
ON TIME.

COME AS YOU ARE!

HAVING A ROUGH DAY - COME
DIDN'T GET MUCH SLEEP - COME
BABY IS CRANKY - COME!

WE ARE HERE FOR YOU IN ANY WAY SHAPE
OR FORM!



FAQS

Q - WHAT IF WE ARE UNWELL AND CAN NOT
ATTEND THE CLASS?

A - NOT A WORRY! WE KNOW LIFE HAPPENS,
PLEASE NOTIFY REBECCA VIA TEXT OR EMAIL AT
LEAST 2 HOURS BEFORE THE START OF CLASS.
YOUR SESSION WILL THEN BE AVAILABLE AS A DROP
IN FOR A FUTURE CLASS AT THE SAME OR
DIFFERENT LOCATION. IF YOU DO NOT LET US
KNOW YOU THEN FORFEIT THE CLASS.

PLEASE NOTE OUR NAME & LOCATION IN
CORRESPONDENCE - ALL CORRESPONDENCE MUST
BE WITH REBECCA ONLY.

DIRECT LINE FOR TEXT: 519-719-9347

DIRECT EMAIL:

FITNESSFANATICMOMREBECCA@GMAIL.COM



WWW.FITNESSFANATICMOM.CA \ @FITNESS.FANATIC.MOM

FAQS

Q - I DON'T HAVE A MAT OR WEIGHTS!

A - WE HAVE RENTAL MATS & WEIGHTS
AVAILABLE. CONTACT REBECCA TO
RESERVE ANY EQUIPMENT REQUIRED.



FAQS

Q - I AM VERY NEW TO MOVEMENT POSTPARTUM
WHAT SHOULD I EXPECT?

A - THE CLASSES ARE LOW IMPACT WITH A BIT
OF CARDIO/MOVEMENT & STRENGTH TRAINING.

WE START WITH A WALKING WARM UP, THIS IS
ALSO OUR SOCIAL TIME, AND THEN RETURN TO A
GREEN SPACE TO ROLL OUT OUR MATS AND
MOVE TOGETHER.

YOUR COACH CAN PROVIDE ANY
MODIFICATIONS DUE TO LIMITATIONS OR
RESTRAINTS. IF YOU HAVE ANY
RESTRICTIONS/INJURIES PLEASE INFORM
REBECCA ASAP!



JOIN THE VIP GROUP

JOIN US ON FACEBOOK IN THE VIP
GROUP FOR ALL CLASS UPDATES, NEWS
& EVENTS:

FFM MOMMAS UNITE VIP GROUP

WWW.FACEBOOK.COM/GROUPS/FITNESS

[FANATICMOMVIPGROUP](https://www.facebook.com/groups/fitnessfanaticmomvipgroup)

THIS IS OUR MAIN COMMUNICATION
GROUP WITH CLASS UPDATES &
SCHEDULING ALONG WITH RECIPES, TIPS,
WORKOUTS, CHALLENGES AND MORE!



WWW.FITNESSFANATICMOM.CA \ [@FITNESS.FANATIC.MOM](https://www.facebook.com/fitnessfanaticmom)

FINAL WORDS...

I AM EXCITED TO MEET YOU AND MOVE
TOGETHER!

ALL OF THE LOCATION DETAILS CAN BE
FOUND DIRECTLY ON OUR WEBSITE UNDER
THE STROLLER FIT HEADING, ALONG WITH
MORE FAQs

[LINK: FITNESSFANATICMOM.CA/STROLLER-
FIT](https://www.fitnessfanaticmom.ca/stroller-fit)

IF YOU HAVE ANY FURTHER QUESTIONS
PLEASE FEEL FREE TO REACH OUT TO
REBECCA DIRECTLY VIA EMAIL:

FITNESSFANATICMOMREBECCA@GMAIL.COM



WHAT ELSE IS GOING ON?

WE HAVE LOTS OF THINGS HAPPENING AT FFM
ALL YEAR ROUND - HERE ARE JUST A FEW
THINGS:

- MOMMA YOGA CLASSES
- MOMMA COFFEE CLUB MEET UPS
- BOOK CLUB
- POP UP BOOTCAMP SESSIONS
- CHILDREN'S YOGA PARTIES & POP UP CLASSES
- MONTHLY CHALLENGES
- VIRTUAL GROUP & PRIVATE TRAINING
- WORKSHOPS, RETREATS, AND MORE!

Feel free to reach out to chat about
any of these options!

