

# **STROLLER FITNESS**

## FOR BABY AND ME



FREE PROGRAM

Tuesday Mornings  
Sept 26th - Dec 6th  
10:00am - 11:30am

Selkirk Recreation Complex, 180 Easton Drive

Come for Rhymes, Walking Program,  
Anywhere/Anytime Exercises and Snack

Childminder available for older siblings

For more information or to register:  
Email: [rsemenowich@gmail.com](mailto:rsemenowich@gmail.com)

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