

Stroller Strides

You can get in shape and spend time with the little one.



It's 9:00 in the morning on a Monday and a dozen women pull into the parking lot at the base of the Manhattan Beach Pier, ready to get some exercise while enjoying the cool spring air. One by one, they unload their cars and SUVs, pulling out strollers and tote bags and little kids in an assortment of warm coats, knit caps and bright outfits.

Their personal trainer, J. J. Flizanes, bounds out of her car, full of energy and enthusiasm. They pose for a group photo, then take off down the length of the pier at a smart pace. On the way back, Flizanes distributes elastic bands and the women stop to get in some strength training by wrapping the bands around the metal railing on the north side of the pier.

Then she takes it up a notch, leading them in some brisk sets of calisthenics.

This is Stroller Strides, an exercise program designed to help new moms get in shape, make friends and get some fresh air – while spending fun quality time with their kids.

With your doctor's permission, you can enjoy Stroller Strides when your baby is as young as 6 weeks. The one-hour workout program is offered three times a week and includes plenty of aerobic work to help you slim down, plus body toning exercises to get those abdominal muscles back in shape.

Find out more about
Stroller Strides

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