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## **Stroller Strides® Fitness Classes Commence in Canada**

*Largest Exercise Program for Moms and Babies in the U.S. Now Offered in British Columbia*

SAN DIEGO, CA (March XX, 2008) – More than 20,000 moms in the United States have made considerable strides in physical fitness, social networking, and, in some cases, their careers, thanks to Stroller Strides. Now, the total body stroller exercise program will also empower moms in Canada, with **the country's first [Stroller Strides](#) classes starting in British Columbia in March.**

In addition to the more than 600 locations currently operating in the U.S., **Stroller Strides classes will be offered in North Burnaby, Port Moody, and Richmond, BC. Grand Opening kickoff classes and events will be held in Richmond on March 4; in North Burnaby, March 13; and in Port Moody, May 14.**

"It feels amazing to be part of an organization that specializes in all aspects of moms' lives," explains Rhonda Manson, the Stroller Strides franchise owner of the North Burnaby and Port Moody locations. "I take pride in knowing that I am able to help foster relationships between moms, motivate them to become active, and socialize our children so that they may gain lifelong friendships."

**Manson's North Burnaby Stroller Strides Grand Opening will be held March 13 at 10 a.m. in Kensington Square Plaza, located at 6564 Hastings Street.** Participants will meet at the Canada Safeway. **The Port Moody Grand Opening on May 14 will start at 9:30 a.m. and will meet in the parking lot of the Arena at 300 Ioco Road.**

In addition to an energizing Stroller Strides class, Manson's Grand Openings will offer food and drinks following the workout, special prizes for moms, and a waived registration fee for everyone who signs up for a Stroller Strides membership.

Anne-Louise Parry, the Stroller Strides franchisee for Richmond, will be offering regular classes in Steveston, Terra Nova and South Arm locations, following her Grand Opening March 4. **To encourage new Stroller Strides members, Parry will raffle a BOB™ Duallie jogging stroller on April 30.** Each member who gets two new moms to sign up for a monthly or 10-class Stroller Strides pass will be eligible for the drawing.

By offering classes in interesting settings, including historic sites and those presenting child-stimulating visuals, Parry aims to highly engage moms and babies during the hour-long fitness program experience.

"I'm really looking forward to this new adventure," says Parry. "My goal is to empower mums and their children and make our one-year maternity leave dynamic, fun, educational and supportive."

For those in Canada interested in a family-friendly, home-based business, additional Stroller Strides franchises are currently available for purchase. For more information, please call (866) FIT-4MOM.

For additional information on the Stroller Strides franchises currently operating in British Columbia and their scheduled activities, please contact Rhonda Manson at [burnabyportmoody@strollerstrides.net](mailto:burnabyportmoody@strollerstrides.net) (North Burnaby and Port Moody locations) or Anne-Louise Parry at [aparry@strollerstrides.net](mailto:aparry@strollerstrides.net) (Richmond locations).

Stroller Strides classes are offered in more than 600 locations in the United States and now in Canada. The hour-long classes emphasize cardiovascular activities and muscle-strengthening exercises using resistance bands and strollers, allowing moms to interact with their babies throughout their workout. To further assist mothers in all aspects of their lives, Stroller Strides partners with Stride Rite®, LUNA® and BOB™. For more information about Stroller Strides, including class locations, visit [www.strollerstrides.com](http://www.strollerstrides.com).