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Stroller Strides® Classes Commence in Fun Centers Across the Country
Stimulating Locations Like SeaWorld® San Diego and Zoos Keep Moms and Kids Captivated During Class
SAN DIEGO, CA (April 14, 2008) – [Stroller Strides](#), the country's largest and fastest growing exercise program for new moms and their babies, has helped thousands of women get fit with their little ones in tow by offering a fun and effective program that's stimulating to both adults and small children. **Appealing to the very short attention spans of tots, Stroller Strides is now offering classes in fun parks across the country – from SeaWorld San Diego to LEGOLAND® California to zoos and museums.**

“Keeping the kids excited and entertained so Mom can continue her total body workout has always been a key element of the Stroller Strides program,” explains Lisa Druxman, company founder. “If baby's not happy, Mom won't be able to engage in or enjoy her class, so it's important that the little ones have a lot to look at and listen to in the environment where classes are held.”

In the San Diego, CA area, **Stroller Strides classes are held regularly at LEGOLAND, SeaWorld and the Wild Animal Park, while other cross-country locations offer the program at sites like the Denver Zoo in Denver, CO; the National Zoo in Washington, D.C.; the Phoenix Zoo in Phoenix, AZ; the Woodland Park Zoo in Seattle, WA; the Turtle Back Zoo in West Orange, NJ; and the Maryland Zoo in Baltimore, MD.**

“The hills and trails at the Wild Animal Park offer a phenomenal workout for the moms, and the kids are fascinated by the animals they get to see along the way,” explains Jessica Ruvalcaba, the Stroller Strides franchisee offering regular classes at the San Diego-based Park. “Throughout our power walking, strength training and stretching, we're singing songs about and interacting with the animals we see, which always keeps the kids smiling.”

At LEGOLAND, Stroller Strides classes have been offered since 2002 as part of the park's “Model Mom Club,” a weekly activity group open to moms, dads, grandparents and caregivers with children 4 years old or younger.

“LEGOLAND is the ultimate location for fitness and fun, as moms and kids enjoy their workouts surrounded by the lush landscape of the family theme park, which has more than 50 rides, shows and attractions,” adds Lynn Crockett, Education Programs Manager for LEGOLAND California.

At the Stroller Strides class at SeaWorld San Diego, moms and children are often astonished by a spontaneous animal meet-and-greet interaction. SeaWorld's *In-Park Encounters* allow guests to connect up-close and personal with a two-foot-long American alligator, Asian small-clawed river otters or a black vulture and other species.

“We're proud to partner with Stroller Strides and allow moms with kids to get in some exercise here at the park while their kids explore the wonders of SeaWorld,” said Donna Parham, SeaWorld memberships manager.

In addition to fun parks, **little ones can also get early exposure to science and history in exciting Stroller Strides class locations such as the Maryland Science Center in Baltimore, MD; Centennial Park in downtown Nashville, TN, which features an exact replica of the Greek Parthenon that holds an art museum inside; and the Cradle of Aviation Museum in Garden City, NY.**

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“We warm up with real planes and space suits hanging over our heads, power walk through a hangar that has fire trucks and a simulated fire wall, continue through the “Red Planet” cafeteria, patterned after a live space station on Mars, and end with abs in an area that allows the kids to play in mini-planes and a real cockpit and dress up as pilots and astronauts,” explains Adele Arkin, a Stroller Strides franchisee that offers classes in the Cradle of Aviation Museum. “Needless to say, the location is incredible for the children – and for the moms!”

Some of these special Stroller Strides classes may require additional fees, such as park admission.

For class schedules for these and other Stroller Strides locations, please visit <http://www.strollerstrides.com/search.php> or call (866) FIT-4MOM. For additional information, images or interviews, editorial media may contact Jordan at On the Horizon Communications (805) 773-1000 or jordan@thepressroom.com.

Stroller Strides classes are offered in nearly 700 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.