



# **MOXIE** *mamas*™

## **South Econ Recreation Center**

3850 S Econlockhatchee Trail, Orlando, FL 32829

**Monday, Wednesday and Friday  
at 9:30 a.m.**

**Wednesday at 6:15 p.m.**

Moxie Mamas Fitness is an innovative stroller fitness program that helps moms regain or enhance pre-pregnancy fitness levels and meet the physical challenges of parenting by emphasizing strength training in a supportive environment. Classes are 60 minutes long, combining strength and interval training taught by a certified instructor.

***Cost varies per class • First class free***

***Membership options are available.***

Email [Kayla.Torres@MoxieMamasFitness.com](mailto:Kayla.Torres@MoxieMamasFitness.com) for more info.

407-254-9092 • [OrangeCountyParks.net](http://OrangeCountyParks.net)



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

