



iStroll[®]

LINCOLN

**FIRST
CLASS IS
FREE!**

- THE ULTIMATE STROLLER WORKOUT
- A PLAYGROUP FOR CHILDREN
- A SOCIAL NETWORK FOR MOMS AND DADS

For class times, locations & rates please visit: www.iStroll.co

Owner & Head Instructor: Carol Foose

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iStroll Lincoln



@iStroll.Lincoln



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Come experience the stroller workout unlike any other. iStroll is designed for everyone from the fittest dad, to the mom who's never worked out. Please bring a light set of hand weights, a towel or workout mat, water, and drinks/snacks for your children. Any stroller type is suitable for class! There's no sign up required, just show up a few minutes early to sign a waiver.