



Buggy Bootcamp

an outdoor exercise stroller class

Presented by
O.S.A.R. Consulting &
Sara Fisher; Certified Perinatal Fitness Trainer

Say bye-bye to those baby blues! Meet Moms, form friendships & lunge into life through fun fitness!

This is an exercise class for you, Mom! It is designed to be safe yet effective, and all while spending time with your child/children. Kids go for a ride in the stroller while you walk, jog, lunge, strengthen your abs, and, in general, slim and tone your body! This is a great way to meet new people or bring old friends for some adult time! This class is designed for you to go at the pace you need while getting the challenge you want.

WHERE: Centennial Park, Evanston, IL
At the Snack Shack (end of Church
St. & Sheridan Rd.)

WHEN: 2 convenient days:
Tuesdays 9:00 - 9:45 am
and/or
Thursdays 9:00 - 9:45 am

Classes begin Tue., June 26 and end Thur., Aug. 16

COST: 1 day/week = \$120
2 days/week = \$240
Pay as you go = \$18/class

Items Needed:

Sturdy stroller (jogging stroller not required)
Supportive athletic shoes
Water
Sunscreen
Dress yourself & Baby in layers
Bath Towel (or exercise mat for you)/white towel to lay
behind child (keeps her cooler)

What you will get:

- 8 weeks of perinatal fitness instruction
- Resistance band
- 15 minute program to be utilized on the off days
- Supportive informational material

- Class to be determined due to inclement weather. You will be notified of cancellation 45 minutes before class start time.
- In the event of a cancellation a make-up class will be scheduled.
- All registration, health history & waiver forms must be filled out prior to participation.
- Payment is due before the first day of class. Accepted methods of payment include cash or credit card (Visa, Mastercard, Discover)
- Payment is made to O.S.A.R. Consulting, 800 Austin, Ste. 308 West Tower, Evanston, IL 60202
- Street parking available

3 convenient ways to register for Buggy Bootcamp:

1. Print out the forms & mail to the above address, attn. Sara Fisher
2. Fax the forms to 847-733-2229
3. Call 773-343-4012

Questions: Call Sara at 773-988-9897

You must be cleared by your healthcare provider in order to participate.

Who is your certified postnatal fitness instructor?



Sara Fisher holds a BFA with honors in dance from the University of Iowa and is a certified personal trainer through the American Council on Exercise. She also holds a perinatal fitness instructor certification through Healthy Moms Fitness®. While at uni-

versity, she began teaching dance classes in the Talented and Gifted program as well as dance workshops with the university affiliated Dancers In Company and was founding class president of the Undergraduate Dance Organization. Since then, she has taught at various studios in Iowa and Illinois. After graduating, she joined River Dance Collage as a full company member & soloist and was also the associate artistic director of River Dance Collage 2. Since moving to Chicago in 2001, she has performed modern and ballet works with various companies, including Zephyr Dance, Ballet Entre Nous, and Tyego to name a few.

Sara co-founded **Woman Centered Fitness** where she designed and instructed **Buggy Babes**, an outdoor stroller class. She has also designed & taught mommy & me exercise ball classes as well as general fitness classes. She authored 2 chapters on perinatal fitness in *Complete Program Design: A Guide for the Rest of Us* and in March lectured on perinatal fitness at the Midwest Strength, Conditioning, & Rehabilitation Symposium.

Sara founded Roots in Rhythm Dance Project and has choreographed in collaboration with the internationally charted Bluegrass band Tangleweed.

She currently works with O.S.A.R. Consulting as a personal trainer and is on faculty at Columbia College and The School of Ballet Chicago, where she teaches body conditioning and dance classes. She & her husband have two active young boys at home.