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BEAUFORT COUNTY PARKS & REC
for the fun of it.

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Build strength, boost your energy, and find your village!

Stroller Strides® by FIT4MOM is a total-body workout combining strength training, cardio, and core exercises while your little one enjoys the ride in their stroller. Designed for moms at every stage of motherhood, each class offers an opportunity to get moving, connect with other moms, and build a supportive community. Leave each class feeling stronger, more empowered, connected, and energized!

Bluffton Rec Center Gym
Thursdays, January 7 – March 18, 2027 | 10:00 AM–11:00 AM | No class February 11

$17 per individual class OR $150 FOR ALL 10 CLASSES (save $20)
If you already know you're in, the 10-class option gives you the best value and keeps you moving through the full session.

Stroller Strides Website: fit4mom.com/location/bluffton-hilton-head
For inquiries: blufftonhiltonhead@fit4mom.com

BLUFFTON RECREATION CENTER
61B ULMER ROAD, BLUFFTON

Shortcut to registration