



Harvest Fitness

Fit4Mom: Stroller Stride

- Stroller Strides is a functional, total body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining the little ones with songs, activities and fun!
- Contact Information: Katherine Collins, flowermound@fit4mom.com

Fit4 Mom: Body Back

- Body Back is an 8-week result based journey focused on your overall health and wellness. The program includes high-intensity interval training workouts designed to challenge, empower and recharge you. Nutrition guidance, recipes and meal planners are also provided to educate and guide you toward healthy eating habits.
- Contact Information: Katherine Collins, flowermound@fit4mom.com

Camp Gladiator

- Camp Gladiator is a four-week outdoor group fitness program for all fitness levels. Every workout is different, incorporating full-body exercises led by Certified Personal Trainers.
- Contact: Kara Brown, 701-371-9393, karabrown@campgladiator.com, Facebook Group; [Camp Gladiator Harvest](#)

Yoga

- In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.
- Contact: Kim Taboas Couch, kim.taos@gmail.com, Facebook Group; [Harvest Yoga Class](#)

MOVE

- MOVE is for anyone interesting in improving their overall wellbeing through a combination of slow movements that bring together the Body and Mind. MOVE is a combination of yoga, Meditation, Qigong and Somatics. Somatic movement is a way of re-educating the way our brain senses and moves the muscles.
- Contact: Johna Johnson, jojann@aol.com

Water Aerobics

- This water aerobics class is a non-impact workout in deep water wearing a belt that creates natural buoyancy, which allows you to work muscles against water's resistance. The results are increased strength, flexibility, and muscular endurance
- Contact Karen Denison, Facebook Group; [Harvest Water Aerobics](#)