

FAQs

What will I need for an in-person class?

Each participant should bring a water bottle, a resistance tube with handles, an exercise mat, a sweat towel, and/or items for their children such as snacks, toys, and books. If a client does not bring her own resistance band, instructors may have a band to lend, or have new bands available for sale. ****Science Center Request:** Snacks should produce as few crumbs as possible and be enjoyed while your stroller is locked in place; no snacks while moving about the building. Diapers must be taken home or disposed of in bathroom trash cans only.

What will I need for a virtual class?

For the best virtual class experience, you'll need at least a 6' x 6' space where you can't touch the ceiling, water for hydration, a resistance tube with handles (or hand weights/equally weighted handheld objects), an exercise mat, and kid entertainment.

What do children do while moms work out at in-person classes?

Children in strollers are permitted at Stroller Strides, Stroller Barre, and Strides 360. Children must remain buckled in their strollers from the time they approach the instructor/group, until after class has ended and the group has disbanded. Mid-class unbuckling can only happen away from the group.

Exceptions: Babies may be worn in a soft-structured carrier or temporarily carried during exercises in which that can be done safely. Children in Kindergarten or a higher grade who do not fit in a stroller may attend the aforementioned classes only if they can be trusted to follow these directions: walk next to the stroller between stations, and remain seated next to the stroller on the ground or in a small chair while at a station. Children should never be up and walking around during exercise stations for safety purposes.

Do I need a special kind of stroller for stroller workouts?

Any stroller will do as long as it is sturdy and not prone to tipping. This includes car seat carrier strollers, travel systems, jogging strollers, all terrain strollers, etc. We do not recommend the lightweight umbrella strollers as they are more prone to tipping, though they may be able to be used in a pinch if your kiddo isn't a rocker or climber.

What should I wear to a workout class?

For all weather, we recommend supportive sneakers and a sports bra. **For summer**, you might opt to wear a loose light-colored top, low cut socks, sunglasses or a hat, and shorts or cropped pants to keep you cool. Don't forget your sunscreen, too! **In the winter**, we recommend smart layering. Pants (fleece lined when below freezing), a few layers of tops (long sleeved base layer, topped by a tee, a hoodie, and vest for example), high socks (possibly wool based on preference), gloves that allow you to grip a resistance band handle, and a ear/head covering. You might also find a gaiter mask will keep the face and neck warm. **During the fall and spring transitions**, layers are also smart, though you may not need as many.

How do I keep my kids cool in summer and warm in winter?

Summer classes can be made comfortable with loose clothing, bare feet while in the stroller, a stroller fan, water bottle, and, in extreme weather, gel ice packs behind the back can also be nice. Kiddos old enough for sunscreen should wear it on exposed skin, and the littlest babes will need shade provided by their stroller or possibly from a breathable muslin blanket. We caution the use of thicker fabric stroller covers that actually hold in more heat than they keep out. During the colder months, hats, gloves, and warm clothing are a must, and we also recommend blankets, a made-for-stroller blanket, or bunting . Even rain covers are nice for keeping kiddos warm!

Where do the classes take place?

To find out where each class is held, check out our schedule at <https://baltimorecity.fit4mom.com/schedule>. See detailed information on each of our locations at <https://baltimorecity.fit4mom.com/locations>.

What happens to outdoor classes when the weather does not cooperate?

When it's too cold, rainy, etc, some classes may be held at an indoor location near the outdoor location, and others virtually via Zoom. We do our best to notify enrolled members of any changes at least 45 minutes prior to the start of class. Please enroll in all classes you plan to attend, and be sure your GloFox notifications are turned on.

What happens to indoor classes when the weather is nicer than usual?

If a stroller class is scheduled to be held indoors, but the temperature is well above the season's norm, we may move class outside to a nearby park. We do our best to notify enrolled members of any changes at least 45 minutes prior to the start of class. Please enroll in all classes you plan to attend, and be sure your GloFox notifications are turned on.

Do I need to be "in shape"? What if I'm newly pregnant or newly postpartum?

Every mama comes to us in a different stage of motherhood and fitness. We promise that no matter when or how you show up, we welcome you with open arms. After being cleared by your medical provider for exercise, we encourage you to listen to your body and take whichever intensity and impact options are right for you each day. All of our instructors are trained to provide safe exercise opportunities to mothers who are pregnant, recently postpartum, delivered a baby long ago, or a mama by any other means. Come as you are, and we will meet you there and grow together.

What if my kiddo starts fussing or has a meltdown?

It's ok, and it's happened to or will likely happen to all of us. First and foremost, there is no judgment. Kids are learning new things by the moment, are regularly testing their boundaries, and can be unpredictable. We expect fussing to happen at times. If you're at an in-person class, the instructor may be able to engage your kiddo with a song, book, or stickers. If that doesn't work, we find it helpful for mamas to bring snacks, or special toys or books for classes only so they're in fact "special". Worst case? You take a break away from the group and rejoin us when ready or at the end of class to hang out and play. If you're at home and taking a virtual class, remember that you're on mute, so we can't hear a thing! You're welcome to turn off your video at any time as well. Just remember: we've all been there!.

How do I sign up for classes?

- *If you already have an account*, Download the FIT4MOM app for [Android](#) or [iOS](#) -or- go to <https://baltimorecity.fit4mom.com/schedule>, find the class you would like to attend, and complete the enrollment process.

- *If you have not already created an account*, activate your first free class at <https://baltimorecity.fit4mom.com/your-first-class-is-free>. Check your email inbox for the link to download the FIT4MOM app, find the class you would like to attend, and complete the enrollment process.
- Members with a class pass or membership plan may also enroll using the Pike13 app. Please note: You cannot make purchases with this app, so if you don't have a monthly membership or if your class pass has expired, you will need to use the website linked above. The app can also be buggy.

How do I access virtual classes?

- Enroll at least 10 minutes before the start of class using the FIT4MOM app or at <https://baltimorecity.fit4mom.com/schedule>. You cannot enroll or get the link after class begins.
- Prior to the start of class, you will receive an email with a link to join the workout/Zoom meeting.

What membership options are available?

View our currently available plans and passes at <https://baltimorecity.fit4mom.com/memberships>. Remember - Your first class is always free. Activate your free class pass at <https://baltimorecity.fit4mom.com/your-first-class-is-free>.

Should you have any additional questions not answered above, please reach out to us at baltimorecity@fit4mom.com.