

Shop n' Stroll™ Frequently Asked Questions

Runners and Booties Fitness offers indoor classes designed especially for mom and baby. We know all about the joys that come with being a new mom. So instead of being concerned about child care while you workout, our exercise programs are designed to include baby.

In order to take part in Shop n' Stroll Class you must 1) complete the online registration form on the [website](#) 2) complete and print the health waiver form and bring to your first class. If you are unable to print the form your instructor should have copies available.

Location: Coquitlam Centre

Meet: Zellers (in the Mall)

Day: Monday & Friday

Time: 9:30am – 10:30am

Register: Online

Sponsored by: Coquitlam Centre

How do these classes differ from other exercise programs?

Shop n' Stroll classes are designed to specially suit the special needs of new mothers and appeal to those of varying fitness levels. There is a combination of stretching, body toning, strength training and powerwalking. Best of all it is within a fun, interactive and supportive environment so no need to be concerned if your baby/child needs attention during the class. Shop n' Stroll™ is a low to moderate fitness class and participants are encouraged to workout at an exercise level comfortable for them.

How old should my baby/child be?

Your baby can attend class anywhere from 6 weeks old and up. If your baby is younger than 6 weeks of age you must check with your Doctor or Midwife before participating in any physical activity. Generally, if your baby/child is content in a moving stroller for 45 minutes, you can participate in the class. Current age range is 6 weeks to 2 years.

How does my baby/child fit in?

For babies and older children there are loads of visual and auditory stimulation through interactive songs and activities during the class. If baby/child fusses during the program there is no need to worry as the program is modified to accommodate both mom and baby/child. The instructor will have toys on hand to help occupy baby/child if needed.

Where are classes held?

Classes are held indoors at your local shopping centre during the early morning hours. Please arrive 5-10 minutes before the start of class.

Who teaches the classes?

All classes are taught by a RB fitness instructor specializing in Shop n' Shop program, who also has training in First Aid and CPR.

What should I wear and bring?

It is highly recommended that you wear running shoes and a supportive bra if needed, and dress yourself and your baby/child for the elements (air conditioning). It is recommended that you bring a bottle of water for yourself and anything that you will need for your baby/child during the hour long class.

To participate you will need a jogger or convertible stroller. Please do not bring a collapsible umbrella stroller, as the handlebars are often too short for most of the exercises done in the class. Mall strollers are not permitted for use.

In the occurrence that baby begins to fuss participants are welcome to move baby to an over the shoulder carrier. It is important that all equipment be in working condition i.e. stroller brakes work and you are able to securely position baby/child with appropriate security mechanisms.
