



For Immediate Release

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McCandless Crossing to host FIT4MOM

Stroller Strides® Classes begin May 17

Town of McCandless, PA (May 8, 2022) – McCandless Crossing is excited to host FIT4MOM Stroller Strides classes starting Wednesday, May 17.

Come with your little ones to try out a Stroller Strides class on Wednesday mornings at 9:30 a.m. on the McCandless Crossing Town Green (between Old Navy and Ethan Allen).

Stroller Strides® is a 60-minute total-body workout with strength, cardio, and core training, all while engaging the little ones in a stroller! Participants will leave class feeling strong, empowered, connected, and energized—no matter your stage of motherhood. Be on the lookout for play dates after class as well, including an exclusive story time at Riverstone Books every other week!

“We’re so pleased to be a new location for FIT4MOM. We welcome their members and little ones to McCandless Crossing,” said AdVenture Development President Kevin Dougherty.

Sign-up for a class here: <https://northhills.fit4mom.com/schedule>. To learn more about FIT4MOM call Erica at 412-303-3674 or email her at ericastrnad@fit4mom.com.

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About AdVenture Development/McCandless Crossing: Managed and developed by AdVenture Development LLC, McCandless Crossing is a retail, medical, hospitality, office, entertainment, residential and senior living lifestyle center located at the crossroads of McKnight Road and Duncan Avenue in the North Hills of Pittsburgh.