

**FOR IMMEDIATE RELEASE:**

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**FIT4MOM ROCKLAND IS COMING SOON TO PALISADES CENTER**

**WEST NYACK, N.Y.:** Launching this summer, FIT4MOM Rockland will host indoor exercise sessions for moms at Palisades Center! FIT4MOM is the nation's leading company for pre- and postnatal health, wellness, and fitness programs for every stage of motherhood.

FIT4MOM's Stroller Strides® program 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 little ones with songs, activities, and fun! Moms will leave the class feeling connected, successful, and energized! This class is all about self-care in a supportive and encouraging environment.

**What:** FIT4MOM Rockland – Coming Soon

**When:** First Session – Thursday, July 11<sup>th</sup>, 2019 from 9:00 to 10:00 a.m.

**Where:** Lord & Taylor Court on Level One

"Having FIT4MOM Rockland offer indoor sessions at Palisades Center truly makes the center a destination for all under one roof!" said Assistant Marketing Director of Palisades Center, Catherine Horvath. "We're excited that we're able to partner with Amy and her team to help moms engage in the local community."

Indoor sessions at Palisades Center will be held on select Tuesdays and Thursdays in the morning. To learn more about FIT4MOM Rockland and to register for a free class, please visit [www.rockland.fit4mom.com](http://www.rockland.fit4mom.com). To learn more about the event and other happenings at the center, please visit [www.palisadescenter.com](http://www.palisadescenter.com).

**About FIT4MOM**

FIT4MOM is the nation's leading company for pre and postnatal health, wellness, and fitness programs for every stage of motherhood. From pregnancy through postpartum and beyond, our fitness and wellness programs help make moms strong in body, mind, and spirit. To learn more about the Rockland franchise, please visit [www.rockland.fit4mom.com](http://www.rockland.fit4mom.com) and [www.instagram.com/fit4momrockland](http://www.instagram.com/fit4momrockland).

**About Palisades Center**

Palisades Center is among the top ten most visited malls in America and is the premier shopping, dining and entertainment destination in Southern New York. Located just 30 minutes north of NYC, Palisades Center is a four-level shopping center offering over 225 brands, 16 sit-down restaurants, a bowling alley, ice rink, the world's tallest indoor ropes course, comedy club, and more. With its unique and diverse merchant mix, Palisades Center is the go-to place for local shoppers and tourists alike. To learn more, visit [www.palisadescenter.com](http://www.palisadescenter.com), [www.facebook.com/palisadescenter](https://www.facebook.com/palisadescenter), [www.twitter.com/palisadescntr](https://www.twitter.com/palisadescntr), or [www.instagram.com/palisadescntr](http://www.instagram.com/palisadescntr).

**About Pyramid Management Group, LLC**

Pyramid Management Group, owner of Palisades Center, is one of the largest, most innovative, privately-held shopping center developers in the northeast. Headquartered in Syracuse, New York, Pyramid's portfolio of retail-based, tourist and entertainment destinations dominate the northeast with 18 properties located throughout New York, Massachusetts and Virginia. For over 40 years, Pyramid has led the industry in combining the best elements of traditional retail with world-class dining, entertainment and hospitality, all under one roof. For more information, visit [www.pyramidmg.com](http://www.pyramidmg.com).

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