

FOR IMMEDIATE RELEASE:

July 9, 2019

MARKETING CONTACT:

Catherine Horvath, Assistant Marketing Director

CatherineHorvath@pyramidmg.com

845-348-1005, ext. 118



FIT4MOM ROCKLAND HOSTS FIRST SESSION WITHIN PALISADES CENTER

WEST NYACK, N.Y.: This Thursday, July 11th, FIT4MOM Rockland will host their first indoor exercise session for moms within Palisades Center! FIT4MOM is the nation's leading company for pre and postnatal health, wellness, and fitness programs for every stage of motherhood. Moms who register and attend the first session at Palisades Center will be entered into a raffle to receive a free glass tumbler and gift card to The Children's Place and a bag of Starbucks coffee!

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! Guests will leave the class feeling connected, successful, and energized! Each Stroller Strides instructor is skilled to meet participants where moms are mentally and physically. This class is all about self-care in a supportive and encouraging environment.

"I am thrilled to introduce Rockland mamas to all FIT4MOM has to offer," said owner of FIT4MOM Rockland, Amy Leon. "FIT4MOM Rockland is your place for community, connection, and friendship. It's a supportive and empowering environment to find Strength in Motherhood®. Come for the workout and leave with so much more!"

What: FIT4MOM Rockland Hosts First Session at Palisades Center

When: First Session – Thursday, July 11th, 2019 from 9:00 to 10:00 a.m.

Where: Lord & Taylor Court on Level One

This summer, all FIT4MOM Rockland mamas are encouraged to attend Palisades Center's Tykes Tuesday Summer Concert Series for engaging musical acts learn silly songs, play musical instruments, and to meet others! FIT4MOM Rockland is a sponsor of Two of a Kind on July 23rd and The Little Rockers Band on August 20th. To learn more about the performances, please visit www.palisadescenter.com/tykes-tuesday.

WHAT: Palisades Center's Tykes Tuesday Summer Concert Series

WHEN: Tuesdays, June 4th through August 27th from 11:00 a.m. to noon

WHERE: East Court, on Level One near H&M

FIT4MOM Rockland 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. To learn more about the event and other happenings at the center, please visit 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 and 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, www.facebook.com/palisadescenter, www.twitter.com/palisadescntr, or 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.

###