

Baby Boot Camp is fitness program for mothers with strollers

By Erik Vidstrand
The Southwest Portland Post

The new year is here. The parties and celebrations are over. Most of the college bowl games have been played. Excessive eating and inactivity gets the best of people at the end of each year so some people make a pact and head off to the nearest gym.

But what is one to do if you are a new mom or have an infant in tow?



Tawni Marchi, a new mother from Southeast Portland, wins a door prize at the grand opening of Baby Boot Camp after a strenuous workout with her stroller and baby. (Post photo by Erik Vidstrand)

One answer is perhaps a gym where small children are welcome: Baby Boot Camp.

The national stroller fitness and nutrition program opened in an existing gym recently in Hillsdale. There are several other franchises in Oregon, but none in Portland.

Delivered by nationally-certified fitness professionals, the stroller-fitness classes combine strength-training exercises with cardiovascular drills in 60-minute sessions.

In addition, the program offers 5K training and a four-week nutrition program especially designed for women. Pilates, yoga, and abdominal

exercises are also available which helps improve core strength.

Alexa Hasman, owner, and an instructor of the new franchise, is mom to a four-month-old.

Hasman invited *The Post* for a look, not a workout. The grand opening celebration was held at the Westside Academy of Kung Fu/Crossfit in Hillsdale on Nov. 3. Hasman welcomed over two dozen mothers with babies in strollers in the space, available when the gym is not in use for other exercise classes including Crossfit.

After graduating from the University of Oregon, Hasman pursued a career in fitness through attending the National Personal Training Institute.

“This was a perfect fit for me once my daughter was born,” Hasman beamed.

“The generosity of landlord Frank Hasabe has made this new enterprise a success by being providing all of us a great deal,” said Lara Jones, Crossfit owner.

The martial arts school just celebrated five years in this location.

“Crossfit serves clients 13 – 70 years old,” Jones said. “We also provide kung fu, jiu-jitsu, and self-defense classes.”

“This program is not just about losing weight,” said Hasman between sets. “It’s about supporting moms seeking healthy lifestyle habits in their families and their communities.”

During the inaugural class, some moms took breaks, breastfed, or comforted their infants. Most babies remained bundled and strapped in the strollers looking on in bewilderment.

Between one of the yoga moves, many of the babies began singing in unison.

One of the mothers, Tawny Marchi,

came from southeast Portland.

“I wanted to see how it was,” she told *The Post*. “I’m trying it out even though it was a bit of a drive. There’s nothing like this where I live.”

Teresa Fear, mother of a sleeping eight-month-old, signed up right away. Fear, who lives in Beaverton, said she

wants to stay in shape.

“Babysitters are not cheap,” Fear admitted. “Gyms don’t come with babysitters. This is first time since my baby was born that I have worked out.”

She beamed even more after winning a door prize of workout items donated

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Construction on Terraced Rain Gardens Project to continue through March

By Don Snedecor
The Southwest Portland Post

The Portland Bureau of Environmental Services and the Oregon Department of Transportation are constructing a series of terraced rain gardens to treat stormwater runoff at the intersection of Interstate 5, Barbur Boulevard and 26th Avenue to protect water quality in Tryon Creek.

Stormwater runoff from these roads drains directly to Tryon Creek and carries pollutants to the creek. During heavy rains, stormwater volume and velocity increase and erode the creek banks.

This project includes constructing a forebay to collect sediments and some pollutants before stormwater flows into the terraced rain gardens. The rain gardens will slow runoff velocity and allow more pollutants to settle out before stormwater enters Tryon Creek.

According to Joe Annett, project



(Post photo by Erik Vidstrand)

manager, the city’s contractor began installing pipe across Barbur Boulevard the week of Dec. 17 and the pipe work will continue for about four weeks. Construction on the whole project has been delayed and will continue through March.

At press time, Annett said excavation was scheduled to occur in phases going from east to west across Barbur Boulevard with lane restrictions during construction hours.

Barbur Boulevard northbound crossing will restrict lanes from 9 a.m. to 6 p.m. Monday through Friday. Barbur Boulevard southbound crossing will restrict lanes from 7 a.m. to 3 p.m. Monday through Friday.

Annett said to be aware that this schedule is subject to change due to conditions underground, weather, traffic impacts, subcontractor schedules and availability of materials. Contact Annett, 503-823-2934, joseph.annett@portlandoregon.gov or visit the project website for updated information.

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