

YOU & YOUR BABY DESERVE TO FEEL YOUR BEST



PRENATAL YOGA & WATER FITNESS

5 Weeks of Classes for **ONLY \$100**

Classes held on Monday's:

	<u>SESSION 1</u>	<u>SESSION 2</u>	<u>SESSION 3</u>
1. YOGA:			
5:45 - 6:45 PM	9/11 9/18	10/16 10/23	11/20 11/27
2. H2O FIT:	9/25 10/2	10/30 11/6	12/4 12/11
7:00 - 7:45 PM	10/9	11/13	12/18

Decreases stress on musculoskeletal system * Decreases pregnancy related swelling
Increases stamina for labor * Decreases back and pelvic girdle pain * Improves posture



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