

# YOU & YOUR BABY DESERVE TO FEEL YOUR BEST



## PRENATAL YOGA & WATER FITNESS

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

**Classes held on Monday's:**

	<u>SESSION 1</u>	<u>SESSION 2</u>	<u>SESSION 3</u>
1. YOGA:			
5:45 - 6:45 PM	3/05	04/09	05/14
	3/12	04/16	05/21
	3/19	04/23	05/28
2. H2O FIT:	3/26	04/30	06/04
7:00 - 7:45 PM	4/02	05/07	06/11

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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