

YOU & YOUR
BABY DESERVE
TO **FEEL YOUR
BEST**



PRENATAL YOGA & WATER FITNESS

6 Weeks of Classes (12 total classes) for **ONLY \$120**

Monday's: April 17th - May 22nd, 2017

1. YOGA: 5:45 PM - 6:45 PM
2. H2O FIT: 7:00 PM - 7:45 PM

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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