

Prenatal 4 or 6 week course

2 Times per week meet with instructor and discuss how to safely and effectively exercise throughout pregnancy. This is a time to remember that we are exercising to stay healthy, maintain muscle mass, feel your best and prepare your body for an easier pregnancy and potential quicker delivery.

Each session will include:

Warm Up

preparing the body to work through any discomfort

Strength session

using light weights and machines to control range of motion as joints become to get looser during the pregnancy

Cardio session

Helps to increase energy during pregnancy and may speed up labor, delivery and the recovery process

Incorporating Balance

The changing body is continuing to shift and balance issues need to be addressed to prevent injuries

Stretching and Relaxation

No explanation needed! 😊

*Additional “homework” exercises will be assigned to do at home on a regular basis.
Healthy Recipes will also be provided to ensure adequate nutrition during this crucial time.*

This class is designed to prepare the new mother for a lifetime of fitness and health with her new blessing.