



Baby Boot Camp/ New Mama Fitness

Postpartum Workouts

An interval- based class that incorporates cardio, strength, balance, core and flexibility training for new moms who want to regain their bodies after baby arrives!

Meet other new moms for camaraderie, friendship and fun... all while having your baby with you.

Moms must be at least 6 weeks postpartum (8 weeks c-section) and have clearance from their physician to begin.

*Classes meet 2 times
per week in the
Roseville Health and
Wellness Center.*

*Possibly monthly “Active”
outings will be set up
for mama “play dates.”*

