



P.O. Box 17544  
Raleigh, NC 27619  
919-781-MOMS

www.healthymomsmc.com



**Session begins September 13, 2010! Pre-registration ends September 3, 2010!!**

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**Send your completed form and payment to:  
Healthy Moms® PO Box 17544, Raleigh, NC 27619**

**\*\* Please include written caregiver consent, or fax to 882-1130, or call 781-MOMS for assistance. \*\***

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*We are dedicated to promoting successful health and wellness programs to new and expecting moms in an environment that is inspiring, comfortable, and supportive!*

## Class Descriptions

### Prenatal Yoga

Mom will practice focused breathing, gentle stretching, and relaxation to help her to meet the physical and mental challenges ahead.

### Mom & Baby Yoga

Mom will engage, entertain, and bond with baby while gaining strength and flexibility. This workout is great for moms who aren't quite ready to leave their babies in a nursery and want to be "present" with baby!

### Prenatal AquaMoms®

This is the ultimate in low-impact workouts! It builds strength and promotes balance in the comforts of a pool. Moms feel "weightless" while maintaining their stamina for the "main event".

### AquaMoms® and Babies

Provide visual, tactile, and audio stimulation for 4-18mos., along with physical, cognitive, and social skills for baby. Moms interact with Baby while working on strength and flexibility exercises for muscles effected by pregnancy

### Prenatal Total Body Conditioning

The Mom-to-be will enjoy a low impact cardio class that includes strength training to keep her in shape for the Main Event! A warm-up and stretching are also a part of this class.

### Pre/Post TBC

Combination class that brings new Moms and Moms-to-Be in the same class! Cardio and strength intervals are combined to work it out!!

### PowerStroll® "It's more than a walk in the park!"

Take it outdoors with this complete workout for Mom and Baby/-ies that targets those problem areas that arise from pregnancy. (No umbrella strollers. All strollers must have functioning, locking brakes for safety.)

### Postpartum Ab Recovery/Intro to Pilates

This class addresses common weaknesses caused by pregnancy. Mom will strengthen her "core" utilizing the methods of Joseph Pilates (upon caregiver's approval).

### Post Pilates Mat class

This class is for the mom w/ prior pilates experience, or the graduate of the "abs" class. Non-mobile babies are welcome, while mom challenges her core muscles on her way back to her body!