



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

www.healthymomsmc.com



Session begins November 30, 2009! Pre-registration ends November 25, 2009!!

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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

Postpartum Cardio Interval

(Formerly known as Postpartum TBC)

A fun interval class that will help Mom get her body back! Cardio mixed with strength intervals and ab work followed by stretching.

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.

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!