



"It's not just an exercise class, it's a life experience!"

<u>Class day</u>	<u>Class time</u>	<u>Class name</u>	<u>Class Number</u>	<u>Location (Subject to Change)</u>
Mondays:	9:30-10:15am 6:15-7:15pm	Aquamom & Baby Prenatal Total Body Conditioning	C101 R103	Triangle Aquatic Center, Cary Alexander YMCA, Raleigh
Tuesdays:	6:30- 7:30 pm 6:30-7:30pm 6:45-7:45pm	Prenatal AquaMoms Prenatal Yoga Prenatal Yoga	R202 R203 C201	Gold's Gym at North Hills, Raleigh* Ladies Fitness & Wellness, N Raleigh** Kildaire Farms Racquet Club, Cary**
Wednesdays:	9:30-10:45am 11:00am-12:00pm 6:00-7:00pm	Postpartum PowerStroll Prenatal Yoga Prenatal Yoga	R301 R302 R303	Shelley Lake Park, Raleigh Evolve Yoga, Raleigh Love in Bloom Maternity, Raleigh
Thursdays:	10:00-10:45am	Aquamom & Baby	R401	Gypsy Divers Pool, Raleigh
Fridays:	9:30-10:15am	Mom & Baby Yoga	R501	Seaboard Fitness, Raleigh
Saturdays:	8:15-9:00 am 9:00-10:00am 9:00-10:00am	AquaMom & Baby! Urban PowerStroll Postpartum "Ab" Recovery	R601 R602 R603	Pullen Park Pool, Raleigh Cameron Village, Raleigh Healing Arts Massage, Raleigh

*Childcare available. **RightTime Kids facility nearby!

Two make-up classes will be allowed during the 10-week session for any class being offered.

Session runs March 15th-May 23rd

There is a minimum of 6 registered participants required to hold any class.

***To qualify for Preregistration Discount, registration must be postmarked by March 8, 2010.**

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

Name: _____

Address: _____

City, State & Zip: _____

Home Phone: _____ **Work Phone:** _____ **E-Mail:** _____

Please sign me up for the 10-Week session!

(OR prorate the # of weeks! **Discounts ONLY apply for moms registering for the entire session.)**

All classes are \$12.00ea.for the session. Drop-ins \$15ea.,must have consent. Refer a friend and earn free classes!

1st Class Number: _____ \$ _____ x 10= \$ _____

2nd Class Number: _____ \$ _____ x 10= \$ _____

3rd Class Number: _____ \$ _____ x 10= \$ _____

Register for two, or more, classes: Deduct 10% \$ _____

Pre-registration Discount* Deduct 20% \$ _____

TOTAL AMOUNT DUE: \$ _____

**** 10-week session runs the week of Mar 15th through May 23rd.
Pre-registration ends March 8, 2010
Classes fill up fast!
Return your completed registration form with your payment (cash or check) to
Healthy Moms
PO Box 17544 Raleigh, NC 27619
919-781 MOMS**