



"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>
Tuesdays:	10:00-10:45am	AquaMoms® w/ Baby	R201	Gypsy Divers Pool, Raleigh Gold's Gym at North Hills, Raleigh*
	6:30- 7:30 pm	Prenatal AquaMoms®	R203	
Wednesdays:	9:15-10:30am	Postpartum PowerStroll	R301	Pullen Park, Raleigh
	5:45- 6:45pm	Prenatal Yoga	R303	Evolve, Raleigh
	6:00- 7:00pm	Prenatal Total Body Conditioning	C301	Impact Athletics, Cary
	7:00-8:00pm	Pre/Post Total Body Conditioning	R101	Tone Up for Women, Raleigh**
Thursdays:	9:30-10:15am	Aquamom &Baby	C101	Triangle Aquatic Center, Cary Tone Up Raleigh, North Raleigh**
	6:00- 7:00pm	Prenatal Yoga	R403	
Fridays:	10:00-11:00am	Prenatal AquaMoms®	R501	Golds Gym North Hills, Raleigh*

*Childcare available. **RightTime Kids facility nearby!

****No Classes the week of June 29th – July 5th due to 4th of July Holiday!****

Two make-up classes will be allowed during the 12-week session for any class being offered.

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

*To qualify for Preregistration Discount, registration must be postmarked by May 22, 2009!!

**** 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 12-Week session! ****No Classes the week of June 29th due to 4th of July Holiday!****

(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 12= \$ _____

2nd Class Number: _____ \$ _____ x 12= \$ _____

3rd Class Number: _____ \$ _____ x 12= \$ _____

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

Pre-registration Discount* Deduct 20% \$ _____

TOTAL AMOUNT DUE: \$ _____

** 12-week session runs the week of,
June 1 through the week of August 24th
Pre-registration ends May 22, 2009
Classes fill up fast!
Return your completed registration form with
your payment (cash or check) to
Healthy Moms
PO Box 17544 Raleigh, NC 27619