



"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 | Aquamom & Baby | C101 | Triangle Aquatic Center, Cary Baileywick Park, N Raleigh Alexander YMCA, Raleigh |
| | 8:30-9:45am | Postpartum PowerStroll | R101 | |
| | 6:15-7:15pm | Prenatal Total Body Conditioning | R103 | |
| Tuesdays: | 6:30-7:30pm | Postpartum PowerStroll | R201 | Baileywick Park, N Raleigh Gold's Gym at North Hills, Raleigh* Ladies Fitness & Wellness, N Raleigh** Kildaire Farms Racquet Club, Cary** |
| | 6:30- 7:30 pm | Prenatal AquaMoms | R202 | |
| | 6:30-7:30pm | Prenatal Yoga | R203 | |
| | 6:45-7:45pm | Prenatal Yoga | C201 | |
| Wednesdays: | 9:00-10:15am | Postpartum PowerStroll | R301 | Shelley Lake Park, Raleigh Love in Bloom Maternity, Raleigh |
| | 6:00-7:00pm | Prenatal Yoga | R303 | |
| Thursdays: | 11:00-11:45am | Aquamom & Baby | R401 | Gypsy Divers Pool, Raleigh Ladies Fitness & Wellness, N Raleigh** |
| | 6:00-7:00pm | Pre/Post TBC | R402 | |
| Fridays: | 9:30-10:15am | Mom & Baby Yoga | R501 | Seaboard Fitness, Raleigh Golds Gym North Hills, Raleigh* |
| | 10:00-11:00am | Prenatal AquaMoms | R502 | |
| Saturdays: | 45 min. class (AM) | AquaMom & Baby! | R601 | TBA—Check website for details! Cameron Village, Raleigh TBA—Check website for details! |
| | 8:00-9:15am | Urban PowerStroll | R602 | |
| | 1 hr class (AM) | Prenatal Aquamoms | R604 | |

*Childcare available. **RightTime Kids facility nearby!

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

Session runs June 7th through August 28th

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

***To qualify for Preregistration Discount, registration must be postmarked by May 29, 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 12-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., and caregiver consent is REQUIRED.

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 7th - August 28th .
Pre-registration ends May 29, 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**