



*"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 Healing Arts Massage, Raleigh Alexander YMCA, Raleigh
	6:15-7:15pm	Postpartum "Ab" Recovery	R102	
	6:15-7:15pm	Prenatal Total Body Conditioning	R103	
Tuesdays:	6:30- 7:30 pm	Prenatal AquaMoms	R203	Gold's Gym at North Hills, Raleigh* Kildaire Farms Racquet Club, Cary**
	6:45-7:45pm	Prenatal Yoga	C201	
Wednesdays:	9:30-10:45am	Postpartum PowerStroll	R301	Alexander YMCA, Raleigh Evolve Yoga, Raleigh Healing Arts Massage School, Raleigh
	11:00am-12:00pm	Prenatal Yoga	R302	
	6:30-7:30pm	Prenatal Yoga	R303	
Thursdays	10:00-10:45am	Aquamom & Baby	C401	Triangle Aquatic Center, Cary
Fridays:	9:30-10:15am	Mom & Baby Yoga	R502	Seaboard Fitness, Raleigh
Saturdays:	8:15-9:00 am	AquaMom & Baby!	R601	Pullen Park Pool, Raleigh Pullen Park Pool, Raleigh
	9:15-10:15am	Prenatal Aquamoms	R603	

\*Childcare available. \*\*RightTime Kids facility nearby!

**Two make-up classes will be allowed during the 9-week session for any class being offered.**

**Session runs Jan 4<sup>th</sup>-March 6<sup>th</sup> 2010**

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

**\*To qualify for Preregistration Discount, registration must be postmarked by December 18, 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 9-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!**

**1<sup>st</sup> Class Number:** \_\_\_\_\_ \$ \_\_\_\_\_ x 9= \$ \_\_\_\_\_

**2<sup>nd</sup> Class Number:** \_\_\_\_\_ \$ \_\_\_\_\_ x 9= \$ \_\_\_\_\_

**3<sup>rd</sup> Class Number:** \_\_\_\_\_ \$ \_\_\_\_\_ x 9= \$ \_\_\_\_\_

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

**Pre-registration Discount\* Deduct 20% \$ \_\_\_\_\_**

**TOTAL AMOUNT DUE: \$ \_\_\_\_\_**

**\*\* 9-week session runs the week of, Jan. 4th through the week of Mar 1st. Pre-registration ends December 18, 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 919-781 MOMS**