



"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:	6:30-7:30pm	Prenatal Total Body Conditioning	R103	Alexander YMCA, Raleigh*
Tuesdays:	6:30-7:30pm 6:30-7:30pm	Prenatal AquaMoms Prenatal Yoga	R202 R203	Fitness Connection, North Hills, Raleigh* Ladies Fitness & Wellness, N Raleigh**
Wednesdays:	9:00-10:00am 6:15-7:15pm	Prenatal Yoga Prenatal Yoga	R302 R303	Alexander YMCA, Raleigh Love In Bloom, Raleigh
Fridays:	11:00-11:45am	AquaMoms & Baby	C501	Triangle Aquatic Center, Cary**
Saturdays:	9:00-10:00am	Prenatal Aquamoms	R603	Fitness Connection, North Hill, Raleigh

*Childcare available. **RightTime Kids facility nearby!

Two make-up classes will be allowed during the 13-week session for any class being offered.

Session runs January 2nd through March 31st. (Please Note: All class locations/times are subject to change, so please check our website for the most accurate schedule: www.healthymomsnc.com

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

To qualify for Preregistration Discount, registration must be postmarked by December 23rd!!

**** 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 13-Week session! (OR prorate the # of weeks!)

All classes are \$12.00 each in advance. Drop-ins \$15 each, must have consent.

Remember: Refer a friend and earn free classes!

1st Class Number: _____ \$ _____ x 13= \$ _____

2nd Class Number: _____ \$ _____ x 13= \$ _____

3rd Class Number: _____ \$ _____ x 13= \$ _____

Register for 2+ classes:** Deduct 10% \$ _____

Pre-registration Discount:** Deduct 20% \$ _____

****Discounts ONLY apply for moms registering for the entire session!**

TOTAL AMOUNT DUE: \$ _____

**** 13-week session runs the week of Jan. 2nd through March 31st. Pre-registration ends Dec. 23, 2011. 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