



of Durham & Chapel Hill

*“It’s not just an exercise class, it’s a life experience!”*

Healthy Moms® of Durham & Chapel Hill  
 4104 Kennedy Ave  
 Nashville, TN 37216

Summer 2010 Schedule  
 June 7, 2010 – August 28, 2010

www.HealthyMomsNC.com

Course Day	Course Time	Course Name	Course #	Course Location
Monday:	6:00-7:00 pm	Prenatal AquaMoms®	D101	Triangle Sportsplex, 1 Dan Kidd, Hillsborough*childcare*
Tuesday:	9:30-10:30 am	Powerstroll®	D201	CM Herndon Park, 511 Scott King Rd, Durham
	6:30-7:30 pm	Total Body Conditioning®	D202	Durham OB/Gyn, 2609 N. Duke St, Ste 204, Durham
Thursday:	9:00-10:00 am	Powerstroll®	D401	Woodcroft Trail, 1203 Woodcroft Pkwy, Durham
	5:30-6:30 pm	Total Body Conditioning®	D402	Triangle Sportsplex, 1 Dan Kidd, Hillsborough*childcare*
	6:30-7:30 pm	Prenatal AquaMoms®	D403	Gold’s Gym RTP, 4700 Emperor Blvd, Durham
Saturday:	9:00-9:45 am	AquaMoms® w/Baby	D601	Woodcroft Swim Club, 1203 Woodcroft Pkwy, Durham
	10:15-11:15 am	Healthy Moms® & Tots	D602	Move It Be Fit, 4810 Hope Valley Rd, Ste 107, Durham

**\*\*Consent from your OB/midwife is required if you are pregnant or less than three months postpartum\*\***

Call **489-MOMS** or email [Kathryn@HealthyMomsFitness.com](mailto:Kathryn@HealthyMomsFitness.com) with ANY questions! We’re always happy to help!!

Childcare Available for courses at Triangle Sportsplex! \$6/1.5 hours for non-members, pay Sportsplex directly

**Discount Information**

Discounts apply only to those registering for the full 12-wk course (not for drop-in classes)

**20% Multi-Course Discount:** Register for two or more courses this session and take 20% off the TOTAL cost

**10% Returning Mom Discount:** Take 10% off this session if you’ve participated in at least six weeks of a previous session

**10% Early Bird Discount:** If you register by May 14

**25% Member Discount:** Applies only to courses at Gold’s Gym RTP & Woodcroft Swim Club

**100% Member Discount:** Applies only to courses at Triangle Sportsplex

**Additional Considerations**

Registering for the full 12-wk course entitles you to two make-up classes during the session (try out any other class during this session in place of one you missed; may not be redeemed in a later session)

A makeup class may be offered on an alternate day/time if a class must be canceled for any reason.

A minimum number of registered participants is required to hold any course. We will contact you to let you know if your course is canceled due to low enrollment.

**ROLLING ADMISSION—JOIN ANYTIME!** Simply pro-rate the course fee for the number of weeks remaining! Call 489-MOMS for more info.

**Earn FREE classes for referring friends—call 489-MOMS for info!**

Please mail completed form, payment & consent to Healthy Moms® of Durham & Chapel Hill, 4104 Kennedy Ave, Nashville, TN 37216

Name (& baby’s name.): \_\_\_\_\_ Due Date or Baby’s DOB: \_\_\_\_\_  
 Street, City, State & Zip: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Preferred Method of Contact: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_

**Sign me up for the 12-wk Summer 2010 course!**

(pro-rate cost if joining mid-session—call 489-MOMS)

**OR** I can’t attend the full course due to work/travel, etc.

I’ll pay the drop-in rate for the weeks I can come

1<sup>st</sup> Course Number: \_\_\_\_\_ (\$14 X 12 wks) \$168  
 2<sup>nd</sup> Course Number: \_\_\_\_\_ (\$14 X 12 wks) \$168

1<sup>st</sup> Class Number: \_\_\_\_\_ \$16 X \_\_\_\_\_ wks = \$ \_\_\_\_\_  
 2<sup>nd</sup> Class Number: \_\_\_\_\_ \$16 X \_\_\_\_\_ wks = \$ \_\_\_\_\_

Returning Mom discount: Deduct 10% \$- \_\_\_\_\_  
 Multi-Course discount: Deduct 20% \$- \_\_\_\_\_  
 Member discount : Free or Deduct 25% \$- \_\_\_\_\_  
 Early Bird discount (5/14) Deduct 10% \$- \_\_\_\_\_  
**TOTAL AMOUNT DUE:** \$ \_\_\_\_\_

**Discounts available ONLY to those registering for the FULL 12-wk course. For classes in high demand, 1<sup>st</sup> priority also given to those registering for the FULL 12-wk course.**

## Frequently Asked Questions

### What types of classes do you offer?

Please see the back of this pamphlet for a complete description of our class offerings.

### Can I join after the session has started?

YES! We offer rolling admission so you can join anytime, provided there is room left in the class. Please call 489-MOMS to inquire.

### How much does it cost?

The drop-in rate is \$16/class. If you sign up for the FULL course, you pay only \$14/class, get 1<sup>st</sup> priority for popular classes AND are entitled to many possible discounts. Please see the registration form inside for more details.

### Can I just show up at the first class?

No, please call or email to let us know you'll be coming. We can email you the initial paperwork to save you some time. Prenatal and newly postpartum moms MUST bring your caregiver's consent in order to participate.

### Do I have to be a member to take classes?

No. At many of our locations members can take Healthy Moms® classes at a discounted rate, but you need not be a member to enroll.

### How are Healthy Moms® classes different from regular fitness classes?

Healthy Moms® classes are designed specifically to address the changes that occur during pregnancy and postpartum. Our certified perinatal fitness instructors teach exercise variations to meet the needs of participants at different fitness levels and stages of pregnancy.

### Can dads/other family members participate?

Our classes are specifically designed to help mom address the pregnancy-related changes in her body pre-and post-natally. That said, dads & grandparents often watch, take pictures, & assist w/baby in AquaMoms w/Baby. Grandmas are allowed to participate at the drop-in rate.

## Class Descriptions

### Healthy Moms® & Tots

Moms get exercise, everyone has a blast! Chase your kiddo, dance to the music, & find your inner child. A great way to have fun and sweat with your mobile toddler (walkers and up are welcome)!

### Prenatal AquaMoms®

The ultimate in low-impact workouts! Build strength and promote balance in the comforts of a pool. Mom feels "weightless" while maintaining her stamina for the "main event". Postpartum Moms also welcome! (It's a more intense workout than AquaMoms® w/Baby.)

### Pre/Postnatal Total Body Conditioning (TBC)®

Aerobics-style class for prenatal & postpartum moms wearing baby. Includes warm-up, strength & cardiovascular training, stretching, & relaxation. Prenatal women train for the "marathon of labor". Postpartum moms learn exercises for abdominal recovery & total body toning after delivery.

### AquaMoms® w/Baby

Introduce your 4-24 month old baby to water in a comfortable social environment. Moms interact with Baby while performing strength and flexibility exercises for muscles affected by pregnancy.

### PowerStroll®

"It's more than a walk in the park!" Take it outdoors with this complete workout for Mom & Baby! Get back into shape, targeting those problem areas that arise from pregnancy, while spending quality time with your baby and/or tot!

Healthy Moms ® of Durham & Chapel Hill is a passionate group of women dedicated to improving the physical and psychological well-being of women before, during, and after pregnancy. We connect, educate, and empower moms through group fitness classes; teaching safe exercises and creating a community of support, inspiration, and friendship.



(919)489-MOMS  
www.HealthyMomsNC.com

*Fitness, Education, Support, &  
Inspiration...through the Childbearing  
Years and Beyond!*

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