



Durham & Chapel Hill  
Fall 2011 Schedule/Registration

September 11-December 17  
No classes week Nov. 21-27 (Thanksgiving)

Day	Time	Class Name	Location	Number
Sundays	4-5pm	Powerstroll	Solite Park/Tobacco Trail 4704 Fayetteville Rd 27713	X301
	6-7pm	Postpartum Pilates	JCC, 1937 West Cornwallis Rd, 27705	X401
Mondays	7:30-8:30am	Powerstroll	RTP, meet at Fitness Connection 4700 Emperor Drive, 27709 (formerly Gold's Gym)	M301
Tuesdays	7:30-8:30am	Prenatal Total Body Conditioning	Move It Be Fit, 4810 Hope Valley Road, Ste. 107, 27707	T201
	6-7pm	Prenatal Aquamoms	Triangle Sportsplex, 101 Meadowlands Drive, Hillsborough, 27278	T101
Wednesdays	9:30-10:30am	Mom & Baby Total Body Conditioning*	Infuzion, 3400-A8 Westgate Dr, 27707	W202
Thursdays	9-10am	Powerstroll	Woodcroft Club 1203 Woodcroft Pkwy 27713	Q301a
	4-5pm	Powerstroll	Brier Creek/Swim & Tennis Pavilion 10601 Arnold Palmer 27617	Q301b
	6:30-7:30pm	Prenatal Aquamoms	RTP Fitness Connection 4700 Emperor Drive, 27709 (formerly Gold's Gym)	Q101
Fridays	9:30-10:30am	Powerstroll	Southpoint Area Parkwood Ball Park 5112 Revere Road 27713	F301
Saturdays	9-9:45am	Aquamoms & Baby	RTP Fitness Connection 4700 Emperor Drive, 27709 (formerly Gold's Gym)	S102

\*Possibility of Childcare: email [tiffany@healthymomsfitness.com](mailto:tiffany@healthymomsfitness.com) to register (minimum needed. cost: \$4/child/class)

Schedule is subject to change. Please check website or email [tiffany@healthymomsfitness.com](mailto:tiffany@healthymomsfitness.com) for most updated information during session. Also, each participant must have a doctor's consent in order to participate.

\*A minimum number of participants is needed to run each class.

**Payment Options:**

**Early Registration** (must register, online or postmarked, by Sept 1) or **Returning Mom:** \$154 for session

**After September 1st:** \$182 for session

**Drop-ins:** \$16/class

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Class #1: \_\_\_\_\_ Class #2: \_\_\_\_\_ Class #3: \_\_\_\_\_ Class #4: \_\_\_\_\_

Amount (#1 + #2, etc): \$ \_\_\_\_\_ Multi-Class Discount: Deduct 20% (\$ \_\_\_\_\_) Total Amt Due: \$ \_\_\_\_\_

Send Registration & Payment to: Healthy Moms of Durham & Chapel Hill, 115 Temple Lane, Durham, NC 27713.  
Or, Register & pay online at [www.HealthyMomsNC.com](http://www.HealthyMomsNC.com).