



Durham & Chapel Hill
Winter 2012 Schedule/Registration

January 8-March 31

Day	Time	Class Name	Location	Number
Sundays	5-6pm	Prenatal Total Body Conditioning	JCC, 1937 West Cornwallis Rd, 27705	X201
	6-6:45pm	Intro to Postpartum Pilates (only a 10 week class. Class ends Mar 11.)	JCC, 1937 West Cornwallis Rd, 27705	X401a
	6:45-7:30pm	Postpartum Pilates (only a 10 week class. Class ends Mar 11.)	JCC, 1937 West Cornwallis Rd, 27705	X401b
Mondays	10-10:45am	Aquamom & Baby	RTP Fitness Connection 4700 Emperor Drive, 27709 (formerly Gold's Gym)	M102
Tuesdays	9-10am	Prenatal Total Body Conditioning	Move It Be Fit, 4810 Hope Valley Road, Ste. 107, 27707	T201
	10-10:45am	Prenatal Aquamoms	Edison Johnson	T102
	4-5pm	Powerstroll	Woodcroft Club 1203 Woodcroft Pkwy 27713	T301
	6-7pm	Prenatal Aquamoms	Triangle Sportsplex, 101 Meadowlands Drive, Hillsborough, 27278	T101
Wednesdays	8-9am	Powerstroll	JCC, 1937 West Cornwallis Rd, 27705	W301
	9:30-10:30am	Mom & Baby Total Body Conditioning*	Infuzion, 3400-A8 Westgate Dr, 27707	W202
Thursdays	9-10am	Mom & Baby Total Body Conditioning	KPIC 1305 Odyssey Drive 27713	Q201
	5:30-6:30pm	Prenatal Aquamoms	RTP Fitness Connection 4700 Emperor Drive, 27709 (formerly Gold's Gym)	Q101
Saturdays	9-9:45am	Aquamoms & Baby (only a 9 week class starting Jan. 21. no classes Feb. 4 & 11.)	Triangle Sportsplex, 101 Meadowlands Drive, Hillsborough, 27278	S102

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

Schedule is subject to change. Please check website or email tiffany@healthymomsfitness.com for most updated information during session. Also, each participant must have a doctor's consent in order to participate. Please note: A minimum number of participants is needed to run each class.

Payment Options & Registration is on the next page.

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



Payment Options:

Holiday Special: (must register, online or postmarked, by Dec.10) \$132

Early Registration (must register, online or postmarked, by Dec. 24) or **Returning Mom:** \$144 for session

9 week class: \$126 **10 week class:** \$140

After December 24th: \$168 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: \$ _____