



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 2009 Schedule  
 June 8 – August 29, 2009

www.HealthyMomsNC.com

<u>Course Day</u>	<u>Course Time</u>	<u>Course Name</u>	<u>Course #</u>	<u>Course Location</u>
Tuesday:	6:30-7:30 pm	Prenatal AquaMoms®	D201	Gold’s Gym RTP, 4700 Emperor Blvd, Durham
Thursday:	9:00-10:00 am	Powerstroll®	D401	Woodcroft Trail, 1203 Woodcroft Pkwy, Durham
	6:30-7:30 pm	Prenatal AquaMoms®	D402	Gold’s Gym RTP, 4700 Emperor Blvd, Durham
Saturday:	9:00-9:45 am	AquaMoms® w/Baby	D601	Woodcroft Club, 1203 Woodcroft Pkwy, Durham

**There will be NO CLASS Saturday, July 4.**  
**Saturday courses have an 11-wk session; All other courses have a 12-wk session.**

**\*\*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!!

Discount Information

Discounts apply only to those registering for the full 11- or 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

**25% Discount for Members of Gold’s Gym RTP:**  
 Applies only to courses at that location only

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

Additional Considerations

**Registering for the full 11- or 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 without approval)

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.

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 11- or 12-wk Summer ’09 course!** OR I can’t attend the full course due to work/travel, etc.  
 (pro-rate cost if joining mid-session—call 489-MOMS) I’ll pay the drop-in rate for the weeks I can come

1<sup>st</sup> Course Number: \_\_\_\_\_ (\$14 X 11 or 12 wks) \$154 or \$168 1<sup>st</sup> Class Number: \_\_\_\_\_ \$16 X \_\_\_\_\_ wks = \$ \_\_\_\_\_  
 2<sup>nd</sup> Course Number: \_\_\_\_\_ (\$14 X 11 or 12 wks) \$154 or \$168 2<sup>nd</sup> Class Number: \_\_\_\_\_ \$16 X \_\_\_\_\_ wks = \$ \_\_\_\_\_

Returning Mom discount: Deduct 10% \$- \_\_\_\_\_  
 Register for two or more courses: Deduct 20% \$- \_\_\_\_\_  
 Member discount: Deduct 25% \$- \_\_\_\_\_

**Discounts available ONLY to those registering for the FULL 11- or 12-wk course. For classes in high demand, 1<sup>st</sup> priority also given to those registering for the FULL 11- or 12-wk course.**

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

## 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 ahead 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.

### Do I have to be pregnant to take classes?

We encourage those considering pregnancy in the near future to join us even before they are pregnant, especially if they are new to exercise and want to get in shape before conception. We welcome anyone, as long as you don't mind exercising with pregnant women or babies!

## Class Descriptions

### 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)®

Join us for a head-to-baby-to-toe workout! Aerobics-style class for moms with baby in a body carrier and moms-to-be. Class includes warm-up, cardiovascular and strength training, stretching, and relaxation. Prenatal women train for the "marathon of labor". Postpartum moms learn exercises for abdominal recovery and total body toning and conditioning after delivery.

### AquaMoms® w/Baby

Provide visual, tactile, and auditory stimulation to build physical, cognitive, and social skills for 4-24 month old babies. 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! (We could not secure an indoor venue for PowerStroll this session. It will be offered again outdoors in the Spring!)

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.

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(919)489-MOMS  
www.HealthyMomsNC.com

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

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