

PRENATAL PILATES CLASSES

Are you blessed with the gift of an upcoming birth?

Do you have a friend or relative who is expecting?

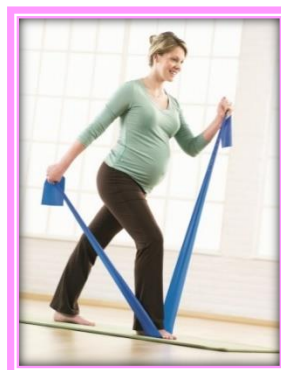


Prenatal Pilates adapts to a woman's changing body throughout the pregnancy. It focuses on strengthening the muscles around the joints, engaging the pelvic floor with correct breathing, and supporting the core in a three dimensional way. It is safe, effective, and useful during delivery!

WHAT: Pilates classes and Private/Duet sessions for expectant mothers. Classes will be a 55 minute mix of Mat and Equipment work.

WHEN: Classes are Tuesday at 6:30pm & Saturday at 9:00am. Private/Duet sessions scheduled by Appt.

WHERE: FITNESS By Design West. Held in WDM location on EP True Pkwy. Contact Barb Mendoza for more information--770-3844--barbworkout@gmail.com



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