

Prenatal Exercise



GENERATION CARE
Your Health. Our Passion.

Physical • Speech • Occupational • Therapy • Wellness

Classes

Class 1: Pregnancy Changes: Cardiovascular and Respiratory Changes
Group Exercise: Aqua-cardio * Bring your suit (or shorts) and a towel!

Class 2: Pregnancy Changes: Impact of Hormones, Weight and Posture
Group Exercise: Yoga and Modifications for Pregnancy

Class 3: Pregnancy Changes: Focus on Pelvic Floor, Abdominal and Joints
Group Exercise: Gentle Joint Aquacise * Bring your suit (or shorts) and a towel!

Class 4: Anatomy of Pregnancy: Back Health and Body Mechanics For Moms
Group Exercise: Strength Training For Mom

Class 5: Education: Recovering from Vaginal and Caesarian Births
Group Exercise: Pilates using the mat and ball

Class 6: Education: Bringing Baby Home: Bringing Back the Mommy “Ab-Pack”
Group Exercise: Aqua cardio fit * Bring your suit (or shorts) and a towel!

NOTE: These classes are in partnership with NOCHS programs!

When: Mondays, 6:30pm - 6 Weeks starting January 23rd

Where: Generation Care (SW corner of Lincoln and US 31)

Cost: \$48.00 for all 6 weeks

Schedules also viewable at www.generationcare.org

(Must have a minimum of 5 participants)

RSVP to Jeraca at 616-935-3303 or

email: jeraca.gouveia@generationcare.org

