

Perinatal Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 Low Impact	10:30 Basic Yoga	9:30 Cardio & Tone pool	10:30 Basic Yoga	10:30 Zumba Gold	10:30 Weekend Yoga	
Existing	Existing	Existing	Existing	Existing	Existing	
5:35 Fit For Two track		10:30 Low Impact	5:30 Cardio & Tone pool			
New		Existing	Existing			
			5:35 Basic Yoga			
			Existing			
			5:35 Fit For Two			
			New			

Classes will be available to all HealthPlus members.

Not a member? Check out our Groupie Bands!

“Fit for Two”

The class is designed for prenatal and postnatal women who would benefit from exercise in a group atmosphere. The program is designed to positively influence pregnant women and to promote health and wellness during their childbearing years. The participants will be lead, by a certified aerobic instructor, through a variety of cardiovascular and strength training exercise, followed by stretching and relaxation techniques. Appropriate for all fitness levels.