



Exercise Classes for New and Expectant Mothers *At HealthPlus Fitness Center in Auburn, AL*

As a member of our clinical program, you will receive a Complimentary Membership for the duration of your term while attending Oh Baby Fitness Classes. After this period, you may join HealthPlus Fitness Center as an Exercise Is Medicine member to continue receiving discounted class pricing.

- **Pregnancy Toning, Fitness, Yoga Combo** – Monday and Wednesday 6:30-7:30 am – This prenatal exercise combination class wraps three important fitness components into a safe and fun 60-minute workout. The class begins with 20 minutes of aerobic and cardiovascular exercises. Strength training for 20 minutes with a focus on arms, legs, and abs comes next. The class concludes with 20 minutes of yoga cool-down including relaxation, stretching and meditation.
- **Pregnancy Water Aerobics** – Tuesday and Thursday 6-7 am – This prenatal aquatic workout class is a great time efficient option to keep exercising throughout your entire pregnancy. Toning your body using water as resistance will help improve your balance, movement, and performance on land. Working out in the water helps to reduce swelling and reduces impact on your body as your pregnancy progresses.
- **Mom and Baby Stroller** – Tuesday and Thursday 1-1:45 pm – Join our mom and baby stroller class for exercise and social support. In this modified boot camp class, babies 4 weeks to 4 years old join in the stroller for your workout focused on arms, legs, abs and cardio. This small group training class teaches you exercise movements with modifications for your changing body while connecting with your child during quality time spent outside.



Class Cost – \$64 for 4 sessions a month – \$120 for 8 sessions a month – \$156 for 12 sessions a month – Complimentary Membership included with your purchase

Set up your consultation with Liz Zenas to begin your program!

Phone: (334) 887-5666 **Fax:** (334) 821-8493 **Email:** liz.zenas@eamc.org



www.ohbabyfitness.com
Phone: 888-264-1782

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Phone: 334-887-5666 Fax: 334-821-8493

Oh Baby! Fitness Medical Consent and Referral Form

Oh Baby! Fitness' Medical Consent Policy

Oh Baby! Fitness REQUIRES ALL pregnant women and new moms whose babies are less than 12 weeks old to present a completed Medical Consent Form to participate in any Oh Baby! Fitness Class.

I, _____, am aware that _____ wishes to
(print provider's name) *(print patient's name)*
participate in an Oh Baby! Fitness exercise class. I know of no reason why she should not participate.

Health Care Provider's Name: _____

Provider's Signature: _____ Date: _____

Provider's Phone Number: _____

Patient Name: _____ DOB: _____

Phone Number: _____

Patient Notes/Progress: _____

Please bring this completed medical consent form to your first Oh Baby! Fitness class. Only one form needed for entire pregnancy or mom & baby classes, unless a change in health occurs. New consent form needed of each new pregnancy and after birth of baby to participate in mom & baby class.