



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

*Join HealthPlus Fitness Center to take our Prenatal and Mom & Baby Classes!  
Now included in your membership!*

- **Pregnancy Toning, Fitness, Yoga Combo** – 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** – 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** – 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.



Stop by the gym to talk to membership and take a tour. Learn what other programs we have for the whole family!

**Phone:** (334) 887-5666 **Fax:** (334) 821-8493  
**Email:** [HealthPlusClinicalPrograms@eamc.org](mailto:HealthPlusClinicalPrograms@eamc.org)



[www.ohbabyfitness.com](http://www.ohbabyfitness.com)

Phone: 888-264-1782

[www.healthplusfitness.com](http://www.healthplusfitness.com)

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.