



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT MAMA

JUNE 10 - AUGUST 31
MONDAYS & WEDNESDAYS 5:30 - 6:30PM

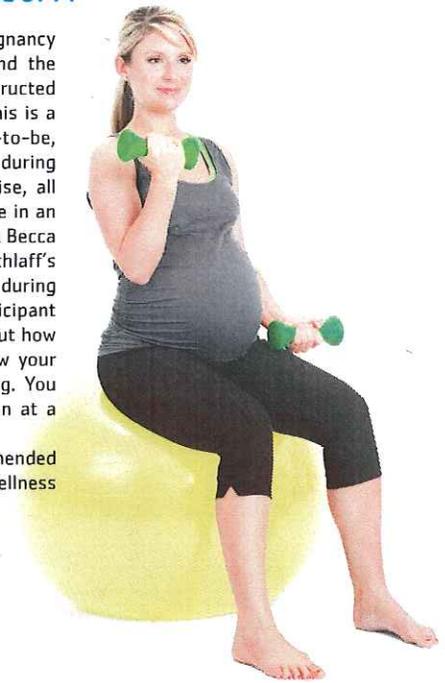
This class is for mummies-to-be at any stage of pregnancy and all fitness levels. One day will be on land and the second day will be in the pool. The class will be instructed by an AFAA certified Perinatal Fitness Instructor. This is a great way to connect and socialize with other moms-to-be, plus receive the great benefits of physical activity during pregnancy. In addition to engaging in group exercise, all women who enroll will have the option to participate in an exciting research study that is being conducted by Dr. Becca Schlaff of Saginaw Valley State University. Dr. Schlaff's area of expertise involves the effect of exercise during pregnancy on physical and mental health. As a participant in this study, you will have the opportunity to find out how much energy you expend during pregnancy and how your exercise routine impacts your health and well-being. You may start the class at any point during the session at a prorated price.

Monday, June 3 at 5:30pm is a highly recommended informational meeting. Contact the Health & Wellness Director with questions.

Free child care for class participants.

Y-Member: \$120
Prospective Member: \$180

DOW BAY AREA FAMILY Y
225 Washington Ave.
Bay City, MI 48708
989 895 8596
www.ymcabaycity.org



WE'RE HERE FOR THE BETTER.