

Prenatal & Postpartum Water Exercise

Group exercise offers a social and educational setting for a healthier pregnancy. This aerobic class is designed to have you cushioned and supported in the water while providing a cardiovascular and strength workout. The soothing effect of the water provides a safe and conducive environment for prenatal exercise. For women who have just had a baby, the class jump starts the drive to get back in shape at the right pace.

Class Includes:

- Modified water aerobics and muscle conditioning
- Core strengthening (back and abdominals) exercises
- Pelvic floor muscle exercises
- Stretching and relaxation
- Information and sharing

Benefits of Exercise:

Exercise performed safely during pregnancy can:

- Lessen your fatigue
- Improve your mood and self-confidence
- Reduce backaches
- Improve posture and balance
- Increase your endurance during labor
- Require less time to recover from childbirth

Class Schedule:

Tues, Thurs, & Fri Noon

This class is ongoing, new participants may join any time.

Cost:

Free to CBRC members
\$30/month for non-members

To Join the CBRC Prenatal & Postpartum Water Exercise Class:

1. Complete the Prenatal Participation Form on the reverse side.
2. Have your doctor or midwife complete the Release Form.
3. Detach form and give to Class Instructor on your first day.
4. For non-members, pay \$30 monthly fee at CBRC's front desk.

