

Baby on Board Prenatal Mind/Body Fitness



A one of a kind mind/body fitness class designed for moms-to-be at all fitness levels. Easy to follow and modifiable, sessions are a mixture of cardio, strength and flexibility training, dance, movement, relaxation, pelvic exercise, and fun in a “no stress setting.” An added bonus of childbirth chat - discussion and Q & A focusing on labor and birthing, or motherhood as it relates to physical fitness. No previous experience required. Classes held Friday nights to shake of the weekday stress and get ready for the weekend! (Class length 60 - 75 minutes)

Instructor: Tamara Wrenn of Just Us Women Productions, LLC. Tamara is a certified childbirth educator and infant massage teacher, Healthy Moms® Perinatal Fitness Instructor, AFAA Certified Group Fitness Instructor, and Zumba Instructor.

Pre registration is required including a completed PARmed-X for Pregnancy form.

Dates: Fridays, 6:30 -7:30PM June 12th Free Demo Class

5 Week Session June 26th - July 24th

Location: Bare Fitness, 31 St. John Street, Goshen, NY 10924 (845) 294-5004

Investment: \$79/Members \$89/Non-members

To register contact Tamara at 917-945-0765 or Tamara.Wrenn@justuswomen.org

