

Pre/Post Natal Water Aerobics

The Pre/Post Natal program of stretching, flexibility, muscle tone and aerobic activity done in the water to help Moms-to-be prepare for delivery and after delivery help moms to ease their way back into fitness

This gentle, low-intensity class will develop a modest level of fitness or maintain an already existing fitness level.

Registration is Required-please speak with a membership representative to reserve your spot today!

Class Times:
Monday and Wednesday
6:00-7:00 p.m.

Fee:
Members- Free
Program Participants-\$50.00/month



YAQUATICS LM

We build strong kids, strong families, strong communities.