



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU & BABY HEALTHY

Prenatal Fitness

The Y is offering safe, yet exhilarating workouts which will help you enjoy your pregnancy to the fullest. These class will offer breather exercises, stretching and informational tips about childbirth. They are FREE to anyone in the community!

Pool

Tuesdays & Thursdays 7-7:45pm

Contact

Audrey Akins, 269 963 9622, ext. 126

Who

FREE to anyone in the community

Info

Due to the nature of this class, only ladies who are expecting should attend the class

The Y Experience

Love spending time at the Y? After the birth of your child, bring in a newborn photo and the name of your child to the welcome center desk and receive NO JOINERS FEE when you sign up for a membership. We love new members!

BATTLE CREEK FAMILY YMCA

182 Capital Avenue, NE

269 963 9622

www.ymcabattlecreek.org

Facebook: Battle Creek YMCA

