


Stay fit with Pre-natal Fitness Classes

- Do you wish to stay in shape during and after your pregnancy?
- Wondering if it is safe to continue with your regular exercise routine or begin exercising now that you are pregnant?

We offer safe, yet exhilarating workouts will help you enjoy your pregnancy to the fullest!

We believe that fun and invigorating workouts are the key to keep you mentally and physically ready for the challenge of child birth.



Taught by Deb Codde
Certified Doula,
Childbirth Educator,
Trainer
and Prenatal Instructor

Class is held on Thursdays at 6:45-7:30pm
See pool schedules for other aerobic classes.

Classes are **FREE to Members**, or non members may purchase a punch card, 10 visits for \$60 or pay only \$6.00 per class for the time of their pregnancy. Participants need a signed physician's consent form. Questions?
Contact Kimberly Akins, 963-9622 Ext 126.

It is important to exercise during Pregnancy...

Whether you are new to exercise or exercise regularly, now that you are expecting it is even more important to work out on a regular basis. You and your baby will gain benefits during your pregnancy, also increase your chances of having an easier labor & delivery and recovery. **START NOW**, it's never too late!

Membership Scholarships are available based on documented need. Please contact the YMCA for more information and form.



182 Capital Avenue, NE Battle Creek, MI 49017 - (269)963-9622