



Exercise and Socialize

(Group Health and Fitness Training for New Mom's and Pre-pregnancy Conditioning)

Description: Sessions are designed to improve health and fitness levels through exercise, active living, socialization, proper nutrition, and health education.

Class Types:

1. Mom and Baby (3- 6 months)
2. Mom and Baby (6- 12 months)
3. Pre-pregnancy conditioning

Main features: Variety, education, motivation, support, highly qualified instructors.

Includes: Functional exercises, stability, general strength and endurance, cardiovascular conditioning, flexibility, education and socialization

The sessions provide personal training in a group setting; this makes the sessions more affordable while still enabling the Trainer to provide individual feedback. The more participants the lower the cost. Maximum 7 participants.

Sessions are 2 or 3 times per week

May require Doctor's clearance

Mats and equipment are supplied unless otherwise specified

Initial and post assessments are required, please speak to your trainer with regards to scheduling your assessments.

6 week Sessions

Number of participants	Per participant	Total cost (2 sessions per week)	Total cost (3 sessions per week)
3	\$ 32.00	\$ 444.00*	\$ 576.00
4	\$ 28.00	\$ 396.00*	\$504.00
5	\$ 23.00	\$ 336.00*	\$ 414.00
6	\$ 20.00	\$ 300.00*	\$ 360.00
7	\$ 17.00	\$ 264.00*	\$ 306.00

*Initial and post assessment costs have been added to the 2-session/week total cost.

Initial and post assessments are included in the 3-sessions/week classes.