

Prenatal Fitness 6-Week Series

Exclusively For Expectant Moms!



At UpDog Yoga-Rochester

Mondays & Thursdays, Sept. 16 – Oct. 24

6:30-7:30PM

\$199 per person for 12 sessions over 6 wks - only \$16 per class!

\$25 per session single session drop-ins also available

FIT4MOM & UpDog Yoga present a 6-Week Prenatal Fitness Series Sept. 16 – Oct. 24 featuring Yoga and Fitness techniques especially for expectant moms! Sessions meet twice weekly on Monday and Thursday evenings 6:30-7:30PM. Appropriate for all stages of pregnancy and fitness levels, including beginners with no prior Yoga or fitness experience.

Learn Breathing, Yoga and Fitness techniques to ease the discomforts of pregnancy and prepare for labor - all while increasing flexibility, strength and confidence in your body's ability to birth your baby and improve your own physical recovery time following birth. Includes use of all props: Yoga mats, fitness bands, blocks, bolsters and blankets.

Weekly Monday Prenatal Yoga sessions led by **certified Prenatal Yoga Instructor, Kelly Burns-Muscat:** 9/16, 9/23, 9/30, 10/7, 10/14, 10/21.

Weekly Thursday Fit4Baby sessions led by **certified Prenatal Fitness Instructor Katy Hout:** 9/19, 9/26, 10/3, 10/10, 10/17, 10/24.

Pre-register online:

<https://www.updogyoga.com/workshops/workshops-rochester>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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