

# Prenatal Fitness Experience

Exclusively For Expectant Moms!



At UpDog Yoga-Rochester

## **FREE Preview Workshop & Info Session** **Sunday, September 8th** **1:00-2:30PM**

**FIT4MOM & UpDog Yoga** present a **FREE Prenatal Fitness Workshop & Info Session**. This workshop will feature Yoga and Fitness techniques especially for expectant moms! Appropriate for all stages of pregnancy and fitness levels, including beginners with no prior Yoga or fitness experience.

Following the **FREE Preview Workshop** on Sept. 8, we're offering a **6-Week Prenatal Fitness Series, September 16th - October 24th**. These sessions meet twice weekly on Mondays and Thursdays 6:30-7:30PM.

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.

Weekly Monday Prenatal Yoga sessions led by certified Prenatal Yoga Instructor, Kelly Burns-Muscat and Thursday Fit4Baby sessions led by certified Prenatal Fitness Instructor Katy Hout.

Pre-register online:

<https://fit4mom-orion.pike13.com/events/5966400>- OR -

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



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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