

# The Birth Center

presents



## ***Prenatal Pilates***

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**Tuesdays @ 1:00 pm**

*May 27, June 3, 10, 17, 24, 2008*

**\$75 - 5 wk series or \$20 drop-in per class**

***in TBC downstairs Classroom***

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Kelly brings you a unique Prenatal ball/mat program, which is an innovative, informative and fun class. From first trimester to labor, this will safely prepare the prenatal body for the rigors of labor. Through Pilates based exercises, we will tap into the power of our own breath and strength, which help realign the body for successful birthing. The Pilates practice can help soften and open the body and mind so that we can help facilitate the natural birth process.

*\* As with any fitness program, you should always check with your Healthcare Provider before beginning Pilates-training, he or she will know if you have any special physical needs, conditions, or injuries that might prohibit you from learning and practicing the Pilates exercises.*

***Registration is limited to 7 Moms***

***Pre-registration and Payment Info:*** Nancy Mower -610.525.6086 X 127

***Contact Kelly McBride for more class or Belly Pilates info:***

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