

destination maternity™

"Everything a pregnant woman could ever want or need, featuring a huge selection of Maternity Fashion"

Schedule of Events

April 2008

(Class Descriptions on Back of Schedule)

Mondays

11:30 AM - 12:30 PM

1:30 PM - 2:30 PM

5:45 PM - 6:45 PM

7:00 PM - 8:00 PM

Baby Yoga

Mommy & Me Yoga

Prenatal Yoga

Prenatal Yoga & Relaxation

Tuesdays

10:15 AM - 11:15 AM

6:30 PM - 7:30 PM

Prenatal Yoga

Prenatal Belly Dancing

Wednesdays

10:15 AM - 11:15 AM

11:30 AM - 12:30 PM

6:00 PM - 7:00 PM

Prenatal Yoga

Prenatal Yoga & Relaxation

Prenatal Yoga

Thursdays

11:30 AM - 12:30 PM

1:30 PM - 2:30 PM

6:00 PM - 7:00 PM

Baby Yoga

Mommy & Me Yoga

Prenatal Yoga

Fridays

No Classes

Saturdays

10:15 AM - 11:15 AM

11:15 AM - 12:15 PM

3:00 PM - 4:00 PM

Strong Mamas

Prenatal PiYo

Baby Yoga

Special Events:

(See back for descriptions)

Tuesday, April 1 (11:30am - 1:00pm)

Thursday, April 3 (6:30-8:00 pm)

(Mom)entum: Spring Cleaning for Mental Clutter

I'm Pregnant, What's Next? Meet with other newly pregnant women and shop Destination for all your maternity fashion needs. First Thursday of every month.

Saturday, April 5 (12:30 - 1:30pm)

Saturday, April 5 (1:45 - 2:45pm)

Tuesday, April 8 (11:30am - 12:30pm)

Saturday, April 12 (1:00 - 2:30pm)

Monday, April 14 (12:30 - 1:15pm)

Thursday, April 17 (6:30-8:00pm)

How to Get Back to Your Pre-Pregnancy Weight

Registry Rescue

Walk, Stretch, & Strengthen

(Mom)entum: Spring Cleaning for Mental Clutter

Caring for your Newborn Baby & Choosing the Right Physician

Destination Maternity Book Club: Meet with other women to discuss Destination's book of the month. This month's book is "Diary Of A Mad Mom-To-Be" by Laura Wolf.

Third Thursday of every month

Preschool Yoga (ages 3-5)

Tuesday, April 22 (11:30am - 12:15pm)

Please note class and workshop times / dates are subject to change; contact the store for more info & to register.

Baby Yoga

This class is designed for new parents and their babies, birth to three months, and covers a variety of yoga techniques including: instant relaxation, soothing crying & colic, digestive and sleep problems for your baby! New parents also enjoy simple yoga based stretching and relaxation. If mom has received doc's approval for exercise, the second part of class can help her regain her shape with a PIYO pilates/yoga fusion class. The focus is on balance, core strength, and realigning the spine, elements critical to getting fit after baby. No experience necessary...dads are welcome too!

Belly Dancing through Pregnancy and Postnatal

Belly Dance has a therapeutic advantage for pregnant women in relieving pain, strengthening the internal muscles involved in the birthing process, harmonizing the mother and child through prenatal interaction and instilling a sense of joy and celebration throughout the prenatal and birthing process. Dance through pregnancy enhances a sense of well being, control and body image, increases stamina, reduces swelling and improves abdominal control and awareness. Women receiving approval for exercise after their six-week checkup may return to class with baby placed in a sling. Enjoy the bonding experience and regain your pre-pregnancy shape with movements designed just for you!

Mommy & Me

This class is for new moms and babies 3 - 8 months and focuses primarily on forming a bond with baby, using baby yoga techniques and incorporating baby into yoga poses. During the second portion of class, new moms regain their shape through PIYO pilates/yoga fusion, focusing on balance, core strength, and realigning spine elements, all critical to getting fit after baby. It is highly recommended that you attend a baby yoga class, regardless of your child's age, prior to attending this class.

Prenatal PIYO

This prenatal blend of Pilates and Yoga techniques provides a wonderful way to bring mind, body and spirit together with pregnancy. Each class will leave you calm, balanced and rejuvenated.

Prenatal Yoga / Prenatal Yoga & Relaxation

Certified FYB (Feel Your Best) prenatal yoga instructors guide you through basic techniques to increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting Moms. In the Prenatal Yoga & Relaxation class, you will learn additional valuable tools to prepare for labor, such as breathing and guided relaxation techniques.

Strong Mamas

Jamie Wooten, Certified Prenatal Personal Trainer, will lead you through a complete, safe and gentle prenatal workout using small hand weights, and your own body for resistance. Jamie's strength training routine will improve energy level, attitude and self-image. Please bring 3 - 5 lbs hand weights with you to class.

Caring for your Newborn Baby & Choosing the Right Physician

Drs. Barbara Calkins, Mary Lehrmann, and Brad Kirschner, Pediatricians from Westbrook Pediatrics in Brookfield, come to speak about several topics on newborn care. This informal discussion will include: The prenatal visit: Choosing a doctor for your baby Breastfeeding and bottle feeding, Car seat safety, SIDS prevention and getting your child to sleep, Common newborn skin findings and skin care, Circumcision: The pros and cons, As well, address any other questions you may have about your newborn

How to Get Back to Your Pre-Pregnancy Weight

Join registered dietitian and new mother, Natalia Woehl, RD.CD. M.ed., as she helps you to lose the baby weight with healthy eating tips and nutritional needs for nursing mothers!

Registry Rescue

Is this your first child and you have no idea what to register for? Let an infant/parent educator who is a veteran mom herself of a 2/1/2 and 14 week old help you separate the essentials from hype. From Baby Gear 101, to finding the best jogging stroller, she has put in hours of research and worked with hundreds of infants to help you save time and headaches in this very exciting stage of your pregnancy. Open to all caregivers to be!

(Mom)entum: Spring Cleaning for Mental Clutter

Finding it hard to focus, lately? Parents have a lot on their minds, whether it's pregnancy hormones, caring for a newborn, or trying to remember your older kid's school schedule. Learn techniques to reduce your mental clutter and become a parent (or parent-to-be) who's fully present. JJ the Life Coach helps reduce stress and cultivate the awareness, clarity and confidence that bring more ease to pregnancy and home life.

Walk, Stretch, & Strengthen

This gentle workshop is a full-body workout, combining aspects of cardiovascular fitness (walking in place), flexibility (stretching & basic yoga postures), and strengthening (resistance exercises). Great for prenatal or for those coming back to fitness after baby. Join Melissa Paap-Young, RYT, for a fun and unique hour!

Preschool Yoga (ages 3-5)

Melissa Paap-Young, RYT, will guide preschoolers on a fun journey, combining Yoga and a story or a craft, themed to fit the practice of the day. A fun way to get kids moving, and relaxed, all in the same 45-minute class! Workshop is limited to 6 children.

Destination Maternity Book Club

Come into Destination to find our book pick of the month. Then join us at the store to meet with other women to discuss the book and share your thoughts. Third Thursday of every month, 6:30 - 8:00 PM. This event will take place in the T.V Relax Area.

I'm Pregnant, What's Next?

Come and meet other newly pregnant women and share your experiences with each other. Attend the event and receive an essentials maternity wardrobe checklist and goodies for you to take home. Also, you will be entered into a raffle. Can't make it this month, don't worry we are meeting the first Thursday of every month from 6:30-8:00 PM. This event will take place in the T.V Relax Area.

16010 West Bluemound Road, Brookfield, WI 53005
262.786.9872

destinationmaternity.com

