

destination maternity™

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

Schedule of Events

March 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)

Saturday, March 1 (1:00 - 2:30pm)

Thursday, March 6 (6:30-8:00 pm)

Saturday, March 8 (1:00 - 2:30pm)

Monday, March 10 (12:30 - 1:15pm)

Tuesday, March 18 (11:30am - 1:00pm)

Thursday, March 20 (6:30-8:00pm)

Introducing Your Dog and Cat to Your New Baby

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.

(Mom)entum: Fearless Pregnancy

Caring for your Newborn Baby & Choosing the Right Physician

(Mom)entum: Fearless Pregnancy

Destination Maternity Book Club: Meet with other women to discuss Destination's book of the month. This month's book is "I'm too Sexy for my Volvo" by Betty Londergan.

Third Thursday of every month

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

16010 West Bluemound Road, Brookfield, WI 53005
262.786.9872

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

Introducing Your Dog and Cat to Your New Baby

You do not have to give up your pet because you are pregnant! This informational class given by Feline Behavior Consultant, Linda Guerrero, will help you blend your dog and/or cat with your pregnancy and baby. Issues such as cleaning the litter box, preparing your animals before baby arrives, acclimating the two, and introductions will be covered. Your children and your animals can be lifelong friends with some basic education to ensure harmony between every family member.

(Mom)entum: Fearless Pregnancy

You're pregnant - now what?!? Pregnancy is one of life's biggest transitions, and change can bring doubt, stress, anxiety, worry, and control issues - all symptoms of fear. Life Coach JJ Frederickson of the Fearless Living Institute helps you master your pregnancy and parenting fears. Shift your focus from swollen ankles, mood swings, and epidurals to the miracle that is happening inside. Stay centered even when things don't go as you planned. Explore how your pregnancy is impacting your life and gain the (Mom)entum to make choices that are right for you. This interactive talk introduces practical life coaching tools that can empower you during this amazing - and sometimes scary - time in your life. Spouses / partners are welcome!

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.

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