

destination maternity™

Schedule of Events February 2012

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

Mondays

10:15 -11:15 AM

Mommy & Me Yoga

5:45 – 6:45 PM

Prenatal PiYo

7:00 – 8:00 PM

Prenatal/Postnatal Yoga & Relaxation

Tuesdays

7:30 – 8:30 PM

Prenatal Belly Dancing

Wednesdays

10:15 – 11:15 AM

Prenatal Yoga

11:30 AM – 12:30 PM

Prenatal Yoga & Relaxation

6:00 – 7:00 PM

Prenatal Yoga

Thursdays

10:15- 11:15 AM

Baby Yoga

6:00 – 7:00 PM

Prenatal Yoga

Saturdays

10:15 – 11:15 AM

Strong Mom's Strength Training

11:15 AM – 12:15 PM

Prenatal PiYo

February 11th

12:30 – 1:30 pm

Valentine's Day Celebration

Couples Yoga

Please call to pre-register for class! Class size is limited. If you are going to be more than 5 minutes late please call to reserve your spot!

16010 West Bluemound Road, Brookfield, WI 53005
262.786.9872

Class Descriptions

Please call 262-786-9872 to pre-register for class

Valentine's Day Celebration

Treat yourself to a complimentary Partner Yoga Class with your Valentine in the learning studio. Please call the store for more details. Registration is recommended.

Couples Yoga

Looking to spend some quality time with your partner? This class is designed with to-be/new parents in minds. Enjoy a prenatal safe blend of partner yoga and relaxation techniques to prepare you for labor and beyond. No prior yoga experience required!

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 / Yoga & Relaxation

Certified prenatal/postnatal yoga instructors guide you through basic techniques to increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting and postnatal 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 Mom's Strength Training

Jaime 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. Jaime's strength training routine will improve energy level, attitude and self-image. Please bring 3 – 5 lbs hand weights with you to class. After baby, return to class and bring 5 – 8 lbs with you to class!

16010 West Bluemound Road, Brookfield, WI 53005
262.786.9872