

# destination maternity™

## Schedule of events

March 2011

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

### **Mondays**

11:30 AM – 12:30 PM

Mommy & Me Yoga

5:45 PM – 6:45 PM

Prenatal PiYo

7:00 PM – 8:00 PM

Prenatal/Postnatal Yoga & Relaxation

### **Tuesdays**

6:30 PM – 7:30 PM

Prenatal Belly Dancing

### **Wednesdays**

10:15 AM – 11:15 AM

Prenatal Yoga

11:30 AM – 12:30 PM

Prenatal Yoga & Relaxation

6:00 PM – 7:00 PM

Prenatal Yoga

### **Thursdays**

11:30 AM - 12:30 PM

Baby Yoga

6:00 PM – 7:00 PM

Prenatal Yoga

### **Saturdays**

10:15 AM – 11:15 AM

Strong Moms Strength Training

11:15 AM – 12:15 PM

Prenatal PiYo

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!

## **Class Descriptions**

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

### **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 Mamas 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