

# destination maternity™

## Schedule of Events

February 2011

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

Registration is available at Destination Maternity by using the Parent Education Phone at the Juice Bar, or by calling (614) 4-HEALTH (443-2584) or go to [www.birthofamom.com](http://www.birthofamom.com).

Pre -Registration is required for all classes

### Mondays:

11:30 a.m. - 12:30 p.m.      Fitness 4 Mommy & Me      \$40/4 week pass

### Tuesdays:

Feb. 1<sup>st</sup>; 6 - 8 p.m.      Baby Care Basics      \$35

### Thursdays\*:

5:30 - 6:30 p.m.      Prenatal Yoga      \$80/6 week pass

To register for classes call (614) 4-HEALTH (443-2584) or go to



[www.birthofamom.com](http://www.birthofamom.com).

## Class Descriptions

**Fitness 4 Mommy & Me:** Bring your baby and stroller with you and be inspired to get back in shape without going to the gym. Must be at least six weeks postpartum or have physician approval.

**Prenatal Yoga:** This class will help to ease the possible discomforts of pregnancy and to prepare you physically, mentally, and spiritually for childbirth and motherhood.

**Baby Care Basics:** Learn the basics of newborn baby care prior to the baby's arrival. Topics will include: bathing, diapering, feeding and more. Partners are encouraged to attend.

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[www.birthofamom.com](http://www.birthofamom.com).

Polaris Fashion Place  
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614.846.6719

[destinationmaternity.com](http://destinationmaternity.com)