

# destination maternity™

## Schedule of Events

March 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 the Healthy Beginnings Family Care Center at  
909.980.BABY (2229)**

**Pre -Registration is required for all classes. Fees vary.**

**Tuesdays:**

6:00-8:30 PM

Prepared Childbirth – Ready, Set, Push!

**Wednesdays:**

5:30 – 6:30 PM

KICK! Prenatal Yoga

**Fridays:**

4:00 – 5:00 PM

Prenatal/Postnatal Pilates



## SAN ANTONIO COMMUNITY HOSPITAL

*Destination Maternity has partnered with the San Antonio Community Hospital to  
offer parent education classes at its Rancho Cucamonga location.*

12455 Victoria Gardens Lane  
Rancho Cucamonga, CA 91730  
909.803.2472

(Just off Foothill Blvd. at Victoria Gardens Lane and Monet Ave)

## Class Descriptions

**Prepared Childbirth – Ready, Set, Push!** (LaMaze) - 5 week course, 2.5 hours each week. The classes will provide expectant parents with techniques for relaxation, breathing, and positioning during labor and delivery. Instructors also discuss coaching techniques for the labor partner, pain relief, what to expect from mom and baby for the first few weeks following the birth, how to choose a pediatrician, and c-section birth.

### **BabySafe - Creating a Baby Safe Home**

This class discusses the importance of making the home, yard, and garage a "safe zone" for toddlers and pre-school children. This includes a demonstration of safety equipment that parents can purchase to utilize in their homes as well as a discussion and demonstration on purchasing, installing, and proper usage of infant/child auto safety seats.

### **KICK! Prenatal Yoga**

Yoga can help you prepare physically, mentally and emotionally for giving birth and becoming a mother. Using an exercise ball and floor exercises, moms-to-be are led through a wide range of breathing exercises and poses adapted for the ever-changing pregnant body, preparing her for labor and motherhood, as well as helping to alleviate some of the associated discomforts of pregnancy.

### **Fit Mama – Prenatal Exercise and Pilates**

This class provides a fusion of exercise movements featuring low impact dance aerobics with emphasis on stretching, toning and Pilates exercise. This class is for mothers-to-be and new mothers.



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