

Pre/Post Natal YOGA

Moms this is your time to gather energy while relieving stiffness. This class is designed with and For the mom that needs to relieve tension and stiffness while promoting better posture to carry your baby. Yoga **promotes stability, energy, balance, flexibility and relaxation.** Infants up to 6 months, not yet walking (in their car seats), are welcome for post natal participants.

At Seven Bridges: 6 week sessions (YPT Room)

Sat. 9:45am-10:45 am with **Mandy Bakas, RYT**

Jan. 12 – Feb. 16, 2019 March 2 – April 6, 2019

April 20 – June 1, 2019 June 8 – July 20, 2019

(no class 5/25) (no class 7/6)

July 27 – Sept. 7, 2019 Sept. 14– Oct. 19, 2019

(no break) (no class 8/31)

Nov. 2-Dec. 14, 2019 (no class 11/30)

Fee: Member \$40

Non-member \$95

Strength and Stretch Pilates Inspired

Focus on core! This 55-minute class is the best of both worlds. A 30-minute Pilates inspired strength training session will focus solely on functional and core stability of the abdominals and back muscles, both to increase your strength, tone your body and decrease your chance of injury. The 25-minute athletic stretch that follows will target key muscle groups including the hips, hamstrings, back and chest.

At Seven Bridges: 6 week sessions (S Conf Room)

Thurs. 5:30-6:30pm w/Mandy Bakas RYT

Jan. 10 – Feb. 14, 2019 Feb. 28, – April 4, 2019

April 18 – May 23, 2019 June 6 – July 18, 2019

(no class 7/4)(no break)

July 25 – Aug. 29, 2019 Sept. 12 – Oct. 17, 2019

(no break)

Oct. 24 – Dec. 19, 2019

(no class 11/28)

Sat. 11-12pm w/Mandy Bakas RYT

Jan. 12 – Feb. 16, 2019 March 2 – April 6, 2019

April 20 – June 1, 2019 June 8 – July 20, 2019

(no class 5/25) (no class 7/6)

July 27 – Sept. 7, 2019 Sept. 14– Oct. 19, 2019

(no break) (no class 8/31)

Nov. 2-Dec. 14, 2019

(no class 11/30)

Fee: Member \$40

Non-member \$95

NEW Barre Method for Mom's 45min.

Modifications are given to P/P Natal students. Join us for a Body Sculpting workout that creates a uniquely lean, firm, sculpted body. This class combines the muscle-shaping principles of isometrics with body-elongating dance conditioning at an intense interval training pace to work the entire body.

Wed., 6:50-7:35pm Mandy Bakas, RYT

Jan. 9 – Feb. 13, 2019 Feb. 27 – April 3, 2019

April 17 – May 22, 2019 June 5 – July 10, 2019

July 24 – Aug. 28, 2019 Sept. 11 – Oct. 16, 2019

Oct. 30 – Dec. 18, 2019(8wk)

Fee: Member*\$30

Non-member \$71.25

(*8wk) Members \$40

Non Members \$95

Pre/post Natal Pilates & Yoga Fusion

Created for expectant and new mothers, our Pre/Post-natal classes help build or rebuild pelvic floor muscles and core strength through specialized Pilates exercises and soothe aching muscles with pregnancy safe Yoga poses. Tone your arms and legs to create a stronger body to care for your new baby. Pilates can build strength and balance to help carry the added weight of your baby while preventing varicose veins and swelling. This class will help you to **increase circulation, energy, balance and flexibility while reducing tension and stress.** Infants up to 6 months, not yet walking (in car seats), are welcome.

At Seven Bridges: 6 week sessions

Tues. 7:30-8:30pm (YPT Room) Mandy Bakas, RYT 200

Jan. 8 – Feb. 12, 2019 Feb. 26 – April 2, 2019

April 16 – May 21, 2019 June 4 – July 9, 2019

July 23 – Aug. 27, 2019 Sept. 10 – Oct. 15, 2019

Oct 29 – Dec 17, 2019 (*8wk) M\$53.32/NM\$126.66

At Naperville: 6 week sessions with Sally Tumilty, RYT

Mon. 7:30-8:30pm (MPR)

Jan. 7 – Feb. 11, 2019 Feb. 25 – April 1, 2019

April 15 – May 20, 2019 June 3 – July 8, 2019

Fee: Member \$40

Non-member \$95

(8wk)Mem. \$53.32

NM \$126.66

Infant Massage

The Spa at Edward-Elmhurst Health & Fitness Naperville is excited to offer a personalized massage session(s) that will give you and your baby an opportunity to receive an in-depth consultation, which will provide lessons and feedback on his/her individual needs. Here at Edward-Elmhurst Spa we know that schedules and needs are complicated. We are offering a 30 minutes (\$30) or 60 Minutes (\$60) to educate and train parents on the multi-faceted benefits of infant massage that won't interrupt nap time! Call today to book your appointment! 630-646-7980

Prenatal Water

Workout in the buoyancy and comfort of water. This class offers **increased energy, endurance, body balance and awareness**, without the stresses of gravity. Maintain your fitness, meet new friends, increase your oxygen carrying capacity, improve your stamina and prepare safely for your childbirth. You can start at any time, sessions can be prorated.

At Naperville: Mon. and Wed. 5:30 pm—6:30 pm

10 week sessions

Dec 10—Feb 13, 2019 February 25—May 1, 2019

May 13—July 17, 2019 July 29—October 4, 2019

October 14—Dec 20, 2019

Fee: Member \$32

Non-member \$77

Improve Your Pelvic Floor Strength

This class can improve your lifestyle and rebuild confidence. Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel (large intestine). These muscles can help women who may want or need to prevent current or future bladder control. Ladies only.

At Seven Bridges: 6 week sessions (YPT Room)

Sun. 9:45-10:30am w/Jessica Banaszek, RN *NEW TIME*

Jan. 6 – Feb. 10, 2019 (no break)

Feb. 17 – Mar. 31, 2019(no class 2/24)

April 14 – June 2, 2019 (no class 4/21 & 5/26)(no break)

No session-June – Aug., 2019

Sept. 8 – Oct. 13, 2019

Oct. 27 – Dec. 15, 2019 (*8wk)

Mon. 9:50-10:35am w/Jessica Banaszek, RN

Jan. 7 – Feb. 11, 2019 Feb. 25 – April 1, 2019

April 15 – May 20, 2019 June 3 – July 8, 2019

July 22 – Aug. 26, 2019 Sept. 9 – Oct. 14, 2019

Oct. 28 – Dec. 16, 2019 (*8wk)

Wed. 4:30-5:15pm w/Jessica Banaszek, RN

Jan. 9 – Feb. 13, 2019 Feb. 27 – April 3, 2019

April 17 – May 22, 2019 No session- June – August 2019

Sept. 11 – Oct. 16, 2019

Oct. 30 – Dec. 18, 2019 (*8wk)

Friday 9:30-10:15am w/Deanna M., Pelvic Floor Specialist

Jan. 11 – Feb. 15, 2019 March 1 – April 5, 2019

April 19 – May 24, 2019 June 7 – July 19, 2019(no class 7/5)

July 26 – Aug. 30, 2019 Sept. 13– Oct. 18, 2019 (no break)

Oct. 25 – Dec. 20, 2019

(No Class 11/29) (*8wk)

Fee: Member \$50

***Non-member \$95**

(8wk) Member \$66.67

Non-member \$126.67

Physician's Permission Slip

I certify that

(please print patient's name)

may actively participate in a

Prenatal Postnatal
(check one)

exercise class offered at
Edward Health & Fitness Center

Naperville Seven Bridges
(check the location the patient is attending)

Physician's Signature

____/____/____
Today's Date

IMPORTANT:This Physician's Release and a signed waiver must be given to the instructor on or before the first day of class for each session. No participant will be allowed to participate without both documents. Postnatal participants need only submit one release for their first session back.

Physicians may fax a copy to the Naperville Business Office at (630) 717-0596 or to the Seven Bridges Business Office at (630) 646-7995.

Please fax to the location the patient is attending.

Classes are subject to minimum/maximums, instructor/location changes, and/or cancellation at Supervisor's discretion.

For more information, please contact the Group Exercise Supervisor, Paula McBride (630) 646-7929 at 7Bridges Or Renee Nelson (630) 646-5922 at Naperville For AQUA classes contact Alice Novotny at alice.novotny@eehealth.org or call (630) 646-5905.

Arrive 10 minutes early to your first scheduled class. You must have a waiver and a physician's permission slip before participating in any class for each session (see attached permission slip). Child care is available during all classes held at the Edward Health & Fitness Centers. The Seven Bridges facility accepts children starting at the age of 6 weeks and the Naperville facility starting at 6 months. Newborns (up to one year of age) who can be kept in carriers are allowed with parents in post natal land classes only. Advanced registrations are required for all other children. There is a \$5 fee per child per day for up to 2 hours. Parents are required to remain in the building while their child is in the Kidzone or Adventure Center. For reservations or more information, contact the Children's Service Desks at Naperville (630) 646-5437, or Seven Bridges (630) 646-7940.

Lockers are available during class. **Children of any age are not allowed in adult locker rooms.**

A current class pass and a photo id must be presented to the service desk each visit.

No make ups, carryovers or credits will be allowed for classes missed by a participant. Make up vouchers will be issued to participants for any classes cancelled by EHFC. Class sizes are limited and subject to availability. Early registration is highly suggested to guarantee your space. Class proration is an option for all **pre natal** specific classes if joining or leaving midway through a session due to medical needs.

EHFC reserves the right to cancel any class, and will issue make up vouchers as required.

For more information, contact the Registration Office:

Seven Bridges (630) 646-7913

Naperville (630) 646-5917

Pre/post Natal

January—December, 2019

Fees:

\$40 for Members

\$95 for Non-members

**Unless otherwise noted*

Healthy Driven™
Edward-Elmhurst
HEALTH & FITNESS