

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-10:45am w/Mandy Bakas, 200RYT

Jan. 11—Feb. 15, 2020 Feb. 29- April 4, 2020

April 18—May 30, 2020 June 6-July 18, 2020

(No class 5/23)(No break) (No class 7/4) (No break)

July 25—Aug. 29, 2020 Sept. 12—Oct. 17, 2020 (no break)

Oct. 24—Dec. 19, 2020 (no class on 11/28) (8wk)

Fee: Member \$40

Non-member \$95

***8wk \$53.32**

***8wk \$126.66**

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)

Thursday 5:30-6:30pm w/Mandy Bakas 200RYT

Jan. 9—Feb. 13, 2020 Feb. 27—April 2, 2020

April 16—May 21, 2020 June 4—July 9, 2020

July 23—Aug. 27, 2020 Sept. 10—Oct. 15, 2020 (no break)

Oct. 22—Dec. 17, 2020 (no class 11/26) (8wk)

Saturday 11-12pm w/Mandy Bakas 200RYT

Jan. 11—Feb. 15, 2020 Feb. 29- April 4, 2020

April 18—May 30, 2020 June 6-July 18, 2020

(no class 5/23) (no break) (no class 7/4) (no break)

July 25—Aug. 29, 2020 Sept. 12—Oct. 17, 2020 (no break)

Oct. 24—Dec. 19, 2020 (no class on 11/28) (**8wk)

Fee: Member \$40

Non-member \$95

***8wk \$53.32**

***8wk \$126.66**

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. 6:45-7:30pmw/Mandy Bakas, 200RYT

Jan. 8—Feb. 12, 2020

Feb. 26—April 1, 2020

April 15—May 20, 2020

June 3—July 8, 2020

July 22—Aug. 26, 2020

Sept. 9—Oct. 14, 2020

Oct. 28—Dec. 16, 2020 (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 (YPT Room)

Tues. 7:30-8:30pm w/Mandy Bakas, 200RYT

Jan. 7—Feb. 11, 2020

Feb. 25—March 31, 2020

April 14—May 19, 2020

June 2—July 7, 2020

July 21—Aug. 25, 2020

Sept. 8—Oct. 13, 2020

Oct. 27—Dec. 15, 2020 (8wk)

At Naperville: 6 week sessions with Sally Tumilty, RYT

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

Jan 6—Feb 10, 2020

Feb 24—March 30, 2020

April 13—May 18, 2020

June 1—July 6, 2020

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

Pre/Post Natal 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 pro-rated.

At Naperville: Mon. and Wed.

5:30 pm—6:30 pm

10 week sessions

January 6—March 11, 2020

March 23-May 27, 2020

June 8—August 12, 2020

August 24—Oct 28, 2020

November 9—January 13, 2021

Fee: Member \$32

Non-member \$77

Improve Your Pelvic Floor Strength

Pelvic floor muscle training exercises will 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

Jan. 5—Feb. 9, 2020 (no break)

Feb. 16—March 29, 2020 (no class 2/23) (no break)

April 5—May 17, 2020 (no class 4/12)

May 31-July 12, 2020 (no class 7/5)

July 26—Aug. 30, 2020

Sept. 13—Oct. 18, 2020 (no break)

Oct. 25—Dec. 13, 2020 (8wk)

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

Jan. 6—Feb. 10, 2020

Feb. 24—March 30, 2020

April 13—May 18, 2020

June 1- July 6, 2020 (no break)

July 13—Aug. 17, 2020(no break)

August 24—Oct. 19, 2020 (no class 9/7) (8wk)

Oct. 26—Dec. 14, 2020 (8wk)

Fee: Member \$50

***Non-member \$95**

(8wk) Member \$66.67

Non-member \$126.67

Pelvic Floor & Core Workshop Ladies only.

Deanna Murray, Pelvic floor specialist, is offering a special workshop focused on strengthening and coordinating the muscles of the core and the pelvic floor for all women. Feel confident after childbirth.

At Seven Bridges: Saturday, April 11, 2020 1-2:30pm

Fee: Member \$20 Non-Member \$30

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 Seven Bridges (630) 646-7940 or Naperville (630) 646-5437.

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, 2020

Fees:

\$40 for Members

\$95 for Non-members

**Unless otherwise noted*

Healthy Driven[™]
Edward-Elmhurst
HEALTH & FITNESS