

Pre/Post Natal Classes

WHERE: EEHF-SEVEN BRIDGES
6600 Route 53, Woodridge IL, 60517

PRE/POST NATAL YOGA (6WKS)

Learn and practice yoga postures (asanas), breathing techniques meditation and relaxation methods that have been practiced for centuries with Mandy Bakas. Relieve tension and stiffness while promoting better posture to carry your baby before and after birth. Also increase energy and stamina, stability, balance, coordination, mental clarity, awareness, strength, and flexibility while reducing stress. Infants up to 6 months, not yet walking (in their car seats) are welcome for postnatal participants.

Saturday

June 11 – July 23, 2022 (no class 7/2) no break
July 30 – Sept. 10, 2022 (no class 9/3) no break
Sept 17 – Oct 22, 2022
Nov. 5 – Dec 17, 2022 (no class 11/26)

PRE/POST NATAL PILATES/YOGA FUSION (6WKS)

Let Mandy Bakas, RYT help you prepare for delivery or get back in pre-baby shape after the baby is born. She takes you through a Pilates/yoga workout using various equipment to increase your core strength and lengthen your muscles. This class combines the stability, balance, flexibility, and relaxation of yoga and will increase strength of the abdominals found with proper modifications to accommodate all stages of pregnancy and levels of fitness through Pilates. These classes are designed to allow you to bring your infants, not crawling (in their car seat), to the session so mommy can join in on the fun.

Tuesday

June 7 – July 12, 2022
July 26 – Aug 30, 2022
Sept 13 – Oct 18, 2022
Nov. 1 – Dec 20, 2022 (8wk) M\$48/NM\$96

Saturday

June 11 – July 23, 2022 (no class 7/2) no break
July 30 – Sept. 10, 2022 (no class 9/3) no break
Sept 17 – Oct 22, 2022
Nov. 5 – Dec 17, 2022 (no class 11/26)

Strength & Stretch pre/post-natal ((6WKS)

Moms, use this class to get your body ready for the exciting delivery day or get strong and stay strong with this 30-minute strength training session that will work on functional and core stability of the abdominals and back muscles, tone your body and decrease your chance of injury. Using Pilates, weights and more to increase your overall strength. The 25-minute stretch that follows will target key muscle groups for an overall benefit for all moms.

Thursday

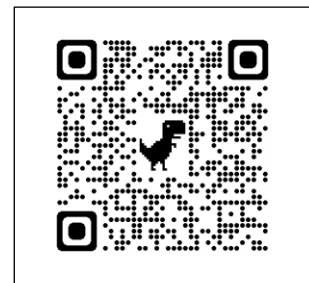
June 9 – July 14, 2022
July 28 – Sept 1, 2022
Sept 15 – Oct 20, 2022
Nov. 3 – Dec 15, 2022 (no class 11/24)

Saturday

June 11 – July 23, 2022 (no class 7/2) no break
July 30 – Sept. 10, 2022 (no class 9/3) no break
Sept 17 – Oct 22, 2022
Nov. 5 – Dec 17, 2022 (no class 11/26)

Edward-Elmhurst
HEALTH & FITNESS

Healthy Driven



PRICING:

\$48 MEMBERS

\$96 NON-MEMBERS

Physician's permission slip is required

INSTRUCTOR:

Mandy Bakas 200RYT,
Pre/Post Natal instructor

Sessions:

6wks Sessions
YPT/South Conf. Room

Online registration:
www.eehealth.org/classes

or contact Dina Kuban
(630) 646-7913

dina.kuban@eehealth.org

For more information,
please contact Paula

McBride (630) 646-7929
paula.mcbride@eehealth.org

Revised 5/23/22