

PRE/POST NATAL CLASSES

**WHERE: EDWARD-ELMHURST HEALTH & FITNESS
NAPERVILLE FACILITY, 775 BROM DRIVE**

STROLL & SCULPT

Join Bridget Lenard as she leads you through a walking, lunging and resistance training program. Bring your stroller and toddler/baby for a stroll while building friendships along the way. Fridays, 10:00 – 11:00AM Starting JUNE 10TH

BABY & ME YOGA

Bond with baby through touch, eye contact and gentle movement. Bridget Lenard will relax you and your baby, helping them sleep deeper and calm their behavior. Ages 6 weeks and up (children must be non-mobile)
Wednesdays, 10:00 – 11:00AM Starting JUNE 8TH

PRE/POST NATAL YOGA-PILATES

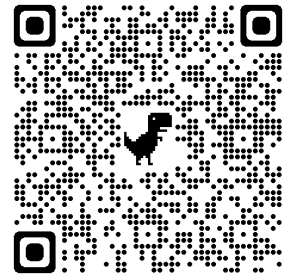
Join Sally Tumilty as she takes you through a Pilates workout using various equipment while increasing your core strength and lengthening your muscles. Learn to use different props to keep your workouts exciting!
Tuesdays, 5:30 – 6:30PM Starting JUNE 7TH

STRONG TO THE CORE

Taught by Bridget Lenard, this class is designed especially for Diastasis Recti or “split stomach.” With practice we will help bring your muscles back together strengthening and flattening your abs. A strong core helps prevent injury, protect your back, and strengthens your pelvic floor preventing urinary incontinence.
Wednesdays, 11:00 – 11:45M Starting JUNE 8th

Online registration: www.eehealth.org/classes or contact Toni Kadera (630) 646-5917 toni.kadera@eehealth.org

For more information, contact Renee Nelson (630) 646-5922 renee.nelson@eehealth.org



PRICING:

\$48 Member
\$96 Non-Member

SESSIONS:

6-week sessions throughout the summer and beyond



Healthy Driven
Edward-Elmhurst
HEALTH