

# PRE-POST NATAL WATER

## WHEN: 10 WEEKS

May 11 – July 13, 2022

July 27 – Sept 28, 2022

October 12 – December 14, 2022

## WHERE:

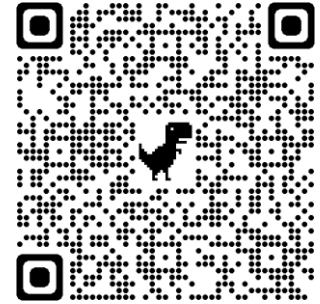
# Naperville

Lap Pool

Aquatic prenatal exercise is a **smart choice** for pregnant women. It will allow you to get a great cardiovascular workout without the stress and strain on your body. The water will make you **feel like you are weightless**, and the coolness and the hydrostatic pressure will help with swelling. A stronger, fitter mom has an easier delivery and a healthier baby. Why don't you stay strong and fit during your pregnancy and as a bonus make new friends that can last a lifetime.

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

For more information, please contact Alice Novotny (630) 646-5905 [alice.novotny@eehealth.org](mailto:alice.novotny@eehealth.org)



## PRICING:

\$25 MEMBERS

\$50 NON-MEMBERS

## INSTRUCTOR:

Sandy David

## DAY & TIME:

Wednesday

5:30 – 6:30pm



**Healthy Driven**

Edward-Elmhurst

HEALTH