

JOIN US FOR A TOTAL FITNESS EXPERIENCE!

Begin with a complimentary consultation with our certified pre/post-natal specialist, Teri Harmon, by calling 224-5444, ext 227 or 956-8003, ext. 246 or email tharmon@ehac.com. She will guide you to the appropriate classes to best suit your needs both during and after pregnancy.

CHOOSE FROM:

- AquaFit
- AquaChallenge
- AquaKickbox
- BodyFlow
- BodyVive
- Stretch and Flex Yoga
- Mommy Boot Camp (with your baby in tow!)

Consult the current Group Fitness Schedules at www.ehac.com



THE MAC | EAST HILLS
ORCHARD HILLS

1640 East Paris, SE
Grand Rapids, MI 495646
616•224-5400

FITNESS FOR TWO

Pre-Natal/
Postpartum
Fitness Program




THE MAC
2500 BURTON SE
(616) 956-0944


EAST HILLS ATHLETIC CLUB
1640 EAST PARIS SE
(616) 224-5400


~ FACTS ~

ALL EXPECTANT MOMS NEED
A SAFE, MOTIVATIONAL,
ENCOURAGING AND NURTURING
EXERCISE ENVIRONMENT.



 Research has shown that swimming, walking, stationary biking, light aerobics, interval training, yoga and strength training can be safe and effective activities for pregnant women. The key is keeping the intensity at a low to moderate level, as pregnancy does elevate heart rate 15-20 more beats per minute.

 Research has shown that expecting moms who exercise regularly enjoy a number of benefits. Symptoms such as constipation, digestion and irregularities are minimized. A strong upper body can provide more support for increased breast size, additional weight, posture changes and lifting of baby after birth. Back discomfort and leg cramps are minimized with regular stretching. And, a fit cardiovascular system and strong abdominals can provide the extra power required for pushing during labor.

 Having a baby can definitely change your life! You will experience things like; losing sleep, dealing with the weight you gained during your pregnancy, hormonal shifts and more. As you try to get your new routine down, exercise may seem like that last thing you feel like doing. But, exercising now is more important than ever because it helps raise metabolism, lose weight, and provides that much-needed energy to get through the day. Exercise can also greatly ease the symptoms of mild post-partum depression.

Fitness For Two Coordinator, Teri Harmon, will help you select the best classes for your specific needs. Whether you are a beginner or an elite athlete, we will assist you in programming choices to keep you fit and active during this time in your life.

Teri Harmon can be reached at
tharmon@ehac.com

East Hills Athletic Club
224-5444, ext. 227 or
The MAC
956-8003, ext. 246

Baby On Board classes are
FREE for Members and
\$8.00 per class for Non-Members.

Physician's approval is
required for all Non-Members
prior to participation.

Childcare is FREE with
Family Membership.
Non-Members may inquire at the
Welcome Desk for pricing.



All Non-Members must have a physician's approval on file prior to participation in any of the classes. All participants are encouraged to seek such approval. A letter from your doctor can be given to your instructor, or turned in at the Front Service Desk. Mark your envelope, "Fitness For Two". Fitness For Two is a total fitness experience appropriate for all trimesters of pregnancy.