

WESTON PARKS & RECREATION DEPT.
Tel. 222-2655 Mail: P.O. Box 1184
Hours: 9:00 a.m. - 12:30 p.m. - 1:30 p.m. - 4:30 p.m.
LOCATION: 47 NORFIELD ROAD (RT. 57 & NORFIELD
RD.) www.westonct.gov

Prenatal Masterclass



Weston Parks and Recreation is excited to offer A Prenatal Masterclass with *BABY Health & Fitness* founder Jamie Levine

AM Classes: Tuesday 9/27 & 11/15 1:00-2:15 PM

PM Class: Wednesday 10/26 6:00-7:15 PM

\$35 per class

A 75 minute class that includes - An overview of the postural, hormonal, physiological changes during pregnancy

-The ABC'S of Prenatal Fitness ®

- **A**wareness (including centering, breathing and stretching)
- **B**alance
- **C**ardio
- **S**trength (especially for those muscles that weaken during pregnancy and those needed to be strong for labor)

-Relaxation techniques for an easier labor

FREE ABC'S of Prenatal Fitness ® takeaway poster in first class attended (\$18 value)