



330-962-6975

www.fit-arts.com

FIT-ARTS PRESENTS:

PRE/POST-NATAL EXERCISE WORKSHOP

Are You Intimidated or Uncertain of
How to Exercise While Pregnant or After a Baby?

In our Pre/Post-Natal Exercise Workshops, you will learn how to:

- Be safe, strong & supported
- Facilitate labor & recovery
- Minimize discomforts
- Understand your abs, pelvic floor, and how to strengthen them

Offering:

- One FREE class per month of our unique Pre/Post-Natal Exercise Workshop
- PLUS weekly Pilates classes tailored for Pre/Post-Natal clients

Our workshops are taught by
Women's Health Pilates Specialist
(and mom) Katie Dettling.

CONTACT US TO SIGN UP

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OBGYN Associates of Akron - Lower Level



Visit us on Instagram @fitbabylife for tips, exercises, inspiration, and class info