



Body Boomers Parent & Baby Fitness Class



Instructor: Theresa Holdsworth, B.A., Can-Fit-Pro PRO Trainer (PTS, FIS, PFS, RAB)
Theresa_holdsworth@rogers.com

BODY BOOMERS: WHITBY LOCATION

Cardio/Strength Interval + Core & Stretch Wednesdays 10:15-11:00 a.m.- Whitby Location

This interval style class is designed to meet the needs
of all fitness levels and all post partum levels.

These classes are ideal for moms who wish to:

- tone and lose weight
- strengthen and stretch the muscles that were stressed by pregnancy
- meet other new moms and babies

- Come exercise with your baby (non-crawling) in this specialty class designed for post-natal women
- Please bring your stroller or baby carrier to class
- All fitness levels welcome
- Led by a Certified Pre and Post Natal Fitness Specialist (PFS)



Classes are FREE to Body Boomers' & Durham Women's Fitness Members*

* Please note the following:

* Body Boomers Gold Members can attend these classes for Free at all Body Boomers locations

* Body Boomers & Durham Women's Fitness Members can attend these classes for Free at their membership location

Non Members Welcome

No Membership Required; Pay only for the class session

Non Member payment sessions run bi-monthly, and begin on these months*:
January, March, May, July, September, and November.

*Non Members who join mid session pay only for the remaining classes in that session.

For class session prices or to register, please visit :

Body Boomers- Whitby (905) 404-BODY; Whitby Mall (lower level, south end)
www.bodyboomers.com

**For Class and Non Member Session information please e-mail:
theresa_holdsworth@rogers.com**