



# Fitness for Two Classes 2017

Celebrating the Childbearing Years with Information and Support Since 1978

All classes meet in the Spirit of Women Conference Room, 28th Place, 421 S. 28th Ave.

## Mommie & Me Fitness Programs

The Mommie & Me classes give mothers and their babies the opportunity to interact and exercise together using music, movement, story and rhyme. Topics for Moms include parenting suggestions, relationship navigation and child development guidelines. From the First Year until Toddler Years, children are developing social, language, cognitive and motor skills for the next season of life.

### Mommie & Me – The First Year

First-year mothers can share stories about their first-year experiences as they learn developmental milestones for their babies.

**Meets Wednesday mornings for six weeks, 10:00–11:30 a.m.**  
**June/July/August classes meet on Mondays.**

Jan. 11 – Feb. 15 • March 1 – April 5 • April 19 – May 24  
June 5 – July 17 (No Mtg 7/3) • July 24 – Aug. 28 • Sept. 13 – Oct. 18  
Oct. 25 – Nov. 8 (Mini Session)

### Mommie & Me – Just Movin’

Just Movin’ is geared toward the early walkers, often 11 to 22 months old. Children experience activities that will develop physical, mental and social skills.

**Meets Monday mornings for six weeks, 10:00–11:30 a.m.**

Jan. 9 – Feb. 13 • Feb. 27 – April 3 • April 10 – May 22 (No Mtg 4/17)  
Sept. 11 – Oct. 16 • Oct. 23 – Nov. 6 (Mini Session)

### Mommie & Me – The Toddler Years

The Toddler Years class is the perfect launch into pre-school. Moms and their toddlers, age 22 months to 3 years, learn and grow while making great memories.

**Meets Tuesday mornings for six weeks, 10:00–11:30 a.m.**

Jan. 10 – Feb. 14 • Feb. 28 – April 4 • April 18 – May 23  
Sept. 12 – Oct. 17 • Oct. 24 – Nov. 7 (Mini Session)

### Mommie & Me – Family Nights

An evening option of Mommie & Me is offered to share the experience with extended family. This class also gives mothers and children not free during daytime hours the chance to experience Mommie & Me.

**6:00–7:30 p.m.**

First Year & Just Movin’ – April 11 • May 23 • Nov. 14 • Nov. 16

## Pregnancy Exercise Program

In a support group environment, the classes combine stretching, strengthening, and isolation exercises and awareness with education topics such as discomfort releases, labor and delivery preparation, and postpartum recovery. Program includes one free Coach’s Corner class.

**Meets each Monday for six weeks, 6:00–7:30 p.m.**

Jan. 9 – Feb. 13 • Feb. 27 – April 3 • April 17 – May 22 • June 5 – July 17  
(No Mtg 7/3) • July 24 – Aug. 28 • Sept. 11 – Oct. 16 • Oct. 23 – Nov. 27

## Bumps to Babies Postpartum Support

The “new normal” after childbirth can cause isolation and uncertainty. This community of new moms will process postpartum needs including physical and emotional recovery, breastfeeding, returning to work, adjusting to staying home, and other general questions, doubts and concerns.

**Meets each Tuesday for three weeks, 6:00–7:30 p.m.**

Jan. 10 – Jan. 24 • Mar. 7 – Mar 21 • May 2 – May 16  
Aug. 8 – Aug. 22 • Oct. 3 – Oct. 17

## Coach’s Corner

This one-session class teaches labor and delivery, breathing techniques and the coach’s role throughout the childbirth experience. The coach and mother-to-be attend together. Curriculum benefits pregnancy first-timers, as well as repeaters. Coach’s Corner is free for Pregnancy Exercise Program participants.

**Meets Mondays once a month, 6:30–8:30 p.m.**

Jan. 16 • Feb. 13 • March 13 • April 10 • May 15 • June 19 • July 17  
Aug. 14 • Sept. 18 • Oct. 16 • Nov. 13

To register or for further information & additional available class times, visit [forrestgeneral.com/fitness4two](http://forrestgeneral.com/fitness4two) or call Spirit of Women: 601-288-4968

Madalene Daniell, Director  
(601) 264-2210 / 434-1350

[fitness4two@daniellmotors.com](mailto:fitness4two@daniellmotors.com)

Six-week session charge – \$30 • Coach’s Corner – \$10

Mini Session – \$15 • Family Night – \$10

Facebook: Fitness for Two Mommie & Me