

FITNESS FOR TWO CLASSES 2021

Celebrating the Childbearing Years with Information and Support Since 1978

Fitness for Two 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 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 while building a network of friends and support.

MOMMIE & ME – THE FIRST YEAR

First-year mothers can share stories about their first-year experiences as they learn developmental milestones and fun playtime activities.



Four-week Wednesday morning sessions
10:00–11:30 a.m.

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.



Four-week Monday morning sessions
10:00–11:30 a.m.

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.



Four-week Tuesday morning sessions
10:00–11:30 a.m.

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.

Meets each Monday for four weeks
5:00–6:30 p.m.

To register or for further information and additional available class times, visit www.forresthealth.org/fitness4two.

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