

Strong Mamas

Pre/Postnatal Fitness

One of our Certified Personal Trainers with experience in pre/postnatal fitness will guide you through a safe and effective full body workout.

Each class will include appropriate cardio, functional strength training and flexibility.

This class allows you to connect with other new moms & moms-to-be, giving you a support network for pregnancy, parenthood and beyond.

Tuesdays 8:30-9:15 am (4 classes)

\$34.40 District/\$43.00 Non-District



trailsrecreationcenter.org

The Trails
Recreation Center

Arapahoe
Park & Recreation
District