



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MOMMY & ME CLASS



**Functional Training Room
GREATER PEORIA YMCA**

Mommy and Me class is designed to help moms gain back muscular strength and endurance, through total body and core exercises that are appropriate for each mom's postpartum journey. All while holding and playing with their baby! Modifications will be offered for any exercise based on fitness level. This class is a great way to connect with other moms in the community and begin building relationships with them and with your babies. Moms with babies ages 6 weeks to 3 years old are encouraged to participate with their doctor's permission.

- First class is free and open to the public
- Taught by a Certified Personal Trainer and Women's Fitness Specialist
- Gluten free snacks will be provided courtesy of Simple Mills

WHEN: Saturday, October 19th
TIME: 9:30– 10:30 a.m.
LOCATION: GREATER PEORIA FAMILY YMCA
7000 N Fleming Ln, Peoria, IL 61614
Contact Katrina Howard
309 692 7631
Katrina.howard@peoriaymca.org