

Fit4Baby is a program designed to strengthen the body for all the changes it will experience during pregnancy. The class includes cardio, strength, flexibility and balance training. Fit4Baby is designed to accommodate all stages of pregnancy and various fitness levels.

Pregnancy is a time of beauty and wonder. It can also be a time of discomfort and trial. Regular activity such as Fit4Baby classes can help to reduce many maternal aches and pains, increase energy during pregnancy and may speed the labor, delivery and recovery process.

By following the Fit4Baby exercise program, under the supervision of caregivers, women can increase their chances of having a healthy pregnancy and a healthy baby. Pregnancy is the perfect time to commit to you and your baby's health. Exercise is an important component to your pregnant well being, as well as, your strength as a new mom.

We want to help you be FIT FOR MOTHERHOOD! Be sure to seek your physician's approval before joining us. Visit www.collegestation.fit4mom.com for our schedule and pricing.

Please bring comfortable workout clothes, water, a mat or towel for ground exercises and meditation, and a smile!

Contact Joclyn Duncan at 361-960-5568 or joclynduncan@fit4mom.com with any questions!