

Frequently Asked Questions

Can I just show up at the first class?

No, please call ahead to make an appointment with the instructor for a brief orientation and review of educational materials. Prenatal participants and postpartum participants who have had a cesarean birth must have written caregiver clearance PRIOR to participating in their first class.

How are the classes different from regular fitness classes?

Perinatal fitness classes are designed specifically to address the changes that occur during pregnancy and postpartum. Our certified perinatal fitness instructors teach exercise variations to meet the needs of participants at different fitness levels and stages of pregnancy.

Do I have to be pregnant to take a class?

We encourage those considering pregnancy in the near future to join us even before they are pregnant, especially if they're new to exercise and want to get in shape before the conception.

Should I eat before class?

Eat a nutritious protein-carbohydrate snack (ex. cheese or peanut butter crackers) 1-2 hours prior to exercise. This will keep your blood sugar stable, especially if you are pregnant.

Class Descriptions

Total Body Conditioning: An energetic warm-up, low impact cardiovascular segment, (modifiable to any fitness level or stage of pregnancy and post partum), strength training, stretching and active relaxation/cool down segment. This class teaches proper body mechanics and posture, and will increase your endurance and strength. The class conforms to the 2002 ACOG Guidelines for Prenatal and Postpartum Fitness.

Perinatal Yoga: All the benefits of yoga with safety for mom's ever-changing body. Emphasizing breathing, along with stretching and strengthening the body, these classes are empowering for pregnant women. This class is designed to help you with concentration and endurance in labor and delivery, as well as recovery after birth.

A minimum attendance of two times per week will assure maximum benefits from our exercise program. Plus, many moms report the most valuable part of our fitness classes is the friendship and support of the moms they meet.

New babies are welcome in any of our classes.



Revere

WELLNESS CONSULTING

PERINATAL FITNESS CLASSES

for

EXPECTANT

AND

NEW MOTHERS

[January 10 - March 1]

Register at

www.reverewellness.com

January 10 – March 1

Class Schedule

Tues and Thurs	9:30-10:30am	Total Body Conditioning	Saddlebrook Community Center
Tues and Thurs	10:30-11:30am	Perinatal Yoga	Saddlebrook Community Center

What: Perinatal Fitness classes are for expectant and new mothers. The classes are given in intervals of 8 weeks, but you can join anytime and the cost will be pro-rated.

Why: Exercise during and after pregnancy will help you look and feel great! Many moms report that the most valuable part of the program is the friendship and support of the mom's they meet.

Where: Saddlebrook Community Center 14850 Laurel Ave, Omaha, NE

How: Consent from your OB/Midwife is required prior to attending the class for all prenatal participant and postpartum women who have undergone cesarean birth. To register, go to reverewellness.com. You may pay online through PayPal or print the registration and consent forms, and send with payment, through snail mail.

Cost: Total Body Conditioning - \$144 for 8 weeks
Perinatal Yoga - \$144 for 8 weeks
Both Classes - \$260 (10% savings) for 8 weeks

Bring: Water bottle, **yoga mat for all classes**, a hand sized towel. New babies are welcome!

Directions: From 144th Street and Fort, continue west on 144th, turn right on Saddlebrook Drive, left on Laurel Ave.

Registration begins after January 1 as our web site is under construction.

For questions regarding the program, contact Julie Summers at 402-657-4577.

To register on line:

www.reverewellness.com

Or

Print registration and consent forms (located on website), and mail with payment to
Revere Wellness Consulting
1306 Fowler Ave. Omaha, NE 68164
Make Checks payable to Julie Summers.

About the Instructor

Julie Summers has a BS in Biology Education and 12 years of experience as a group fitness instructor. She is a nationally certified personal trainer with AFAA and is a perinatal fitness instructor with the nationally renowned Healthy Moms® Organization.



As owner of Revere Wellness Consulting, her experience, continued education and passion for health and wellness, drive her to help others in pursuing lifestyle changes for optimal health.

Julie is honored to work with the staff and patients of Mid-City OB-Gyn.