



Mom & Baby class with Tannaya were one of my highlights from maternity leave. As challenging as it can be to get up and out the door with the baby, the feeling you have when you leave each class is worth the effort. You will leave each class feeling stronger, happier, and motivated to continue. - **Cindy Boyle**

## HALIFAX "MOM & BABY" GROUP FITNESS PROGRAM

"CONNECT WITH OTHER PARENTS & THEIR BABIES FOR FUN, LEARNING & FITNESS"

✓CORE ✓ARMS ✓LEG ✓BACK ✓FLEXIBILITY ✓STRENGTH ✓FUN

FALL SESSION START DATE : WEDNESDAY, SEPTEMBER 20<sup>TH</sup> AT 11AM

CLASSES EVERY MONDAY, WEDNESDAY & FRIDAY AT 11AM

FREE MEET & GREET GYM TOUR : MONDAY, SEPTEMBER 18<sup>TH</sup> AT 11AM

PRICE: \$125/MONTH (15% DISCOUNT FOR YEARLY MEMBERSHIP)

*"Come learn about nutrition & the benefits of a healthy lifestyle while moving our bodies through many locomotions, promoting strong joints & flexibility. We also focus on core exercises that will help strengthen our lower & upper bodies for the upcoming years of parenting fun & adventure! This mom & baby class is in a great social setting that will challenge, encourage, motivate, hold you accountable & teach you all sorts of fun moves! If you are looking to have fun in the gym, meet other parents & babies while improving health & fitness - come & give it a try!" - TANNAYA SMITH*