

mommy & baby

A workout with your wee one

We all know what it takes to get in shape and stay that way. We need to eat right and get regular exercise. But, this can be a challenge for many people, especially new moms. During this emotional time, it is hard to know what you can do, how to do it or even when you're going to have time to do it!

At Hendrick Health Club, we make it easy to get all of your questions answered. With our new Mommy and Baby class, you will learn super-effective techniques for strengthening your entire body, how your body has changed since your new baby and how you can get back into a comfortable shape.

Each week, you will learn new fitness and nutrition tips to help you stay focused throughout the week and keep you heading toward your fitness goals. And most importantly, the Mommy and Baby class will provide the companionship you and your baby crave. Meet new moms at Mommy and Baby class and gain the support you need to get through the uncertain infant period, the difficult toddler years and all the years to follow. And, give your baby the opportunity to make new friends and begin social interaction at an early age.

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*For more information or for a class schedule,
call Hendrick Health Club at 670-7678.*

"Pregnancy is an exciting time. New things are happening, and your body changes in ways you never knew it could. This is the best time to become a better you. You should be taking better care of yourself, because you are supporting new life. Once the baby is born, you need your energy and your strength back. Since most new moms are sleep deprived, exercising with your little one will give you a lift while, at the same time, give you bonding time with your little bundle of joy."

- Dayna Huffington

Dayna Huffington, Mommy and Baby class instructor, is a mother of a newborn son and a three-year-old boy and has been involved in the fitness field for more than six years.



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