

PRE/POSTNATAL

personal training

Your body is in a constant state of change throughout pregnancy. The Athletic Club can help improve and maintain your fitness level during this wonderful time.

- Pre-Natal: Let our trainers guide you through a program that can help reduce the incidence of c-section and ease labor*.
- Post-Natal: The Athletic Club's Play Zone cares for children as young as 12 weeks, so you can conveniently get back into your fitness routine.

Contact the Athletic Club personal training team today for better health during your pregnancy.

**The American College of Obstetrics and Gynecologists*

