

**Pilot Class Name:**

## **B.Y.O.B- Bring Your Own Baby**

**Class Description:** This new program is for the mom, dad, grandparents, caregivers and baby in mind! Join us in our 8 week pilot program to support healthy lifestyles for the family to help meet your fitness goals; whether it's to prepare for labor, lose the baby weight, or simply to establish a healthy routine for you and your little one, we have you covered! This course will take on a holistic approach to your bodies needs varying focusing on core strength, cardio, balance, flexibility, and strength in each class! With our experienced staff- we can ensure that you will receive a challenging workout regardless of fitness level!

**Time:** 9-10am

**Date:** Saturdays ONLY, June 16- Aug 4

**Location:** The W- Walston-Hoover Stadium (Must Check in first at front desk... this is an outdoor class!)

**Fee: 8 week course**

- **Member:** \$15/person
- **Multiple Members:** \$20/two persons
- **Guest:** \$35/person
- **Multiple Guests:** \$40/two persons
- **Walk In:** \$5/class

**Requirements:**

- Complete our Health Inquiry sheet prior to participation for all adults.
- Sunscreen for you and your children SPF 30 or more.
- Water for both self and children.
- No peanut snacks allowed.
- Stroller and/or Baby Carrier for 3-12 month babies.

**FAQ's:**

**1) Will my baby be incorporated in the workout?**

- Yes! We will provide options to hold your baby and use as a weight along with other variations to keep your baby involved.

**2) I've just given birth, when can I join your class?**

- You must pass your 6 week check-up before joining the classes. If you had a Caesarian section you may have to wait up to 12 weeks to be given the all clear to exercise again. If you have any doubt, please check with your doctor before booking any classes.

**3) If I have multiple children, can they attend?**

- Absolutely! Toddlers are allowed to attend as we want to encourage their healthy habits! They are often your best motivator and may even meet another little one to exercise with! There is no age limit for children. Even if you have older children, they are welcome to join us too; however we ask that you be mindful of their ability to follow instructions in order to limit distractions. Again, remember they are your responsibility and you must keep an eye on them throughout the session.

**4) Will classes be cancelled if there is inclement weather?**

- Have no fear if bad weather is near we have you covered! We will move our class indoors to the Aerobics Room to ensure your health and safety needs are met!

**5) What if my baby is fussy or wants out of the stroller?**

- During B.Y.O.B. you are welcome to get babies out of the stroller at ANY point. Whether they need feeding, soothing or changing. We will also give the option to get the babies out for certain exercises. If your baby is a crawler or walker and doesn't like to be contained, then you are welcome to bring a play mat and toys for them. Please remember that the babies are your responsibility and you must keep an eye on them throughout the session.

**6) I haven't worked out since I became pregnant, will I be able to keep up in your class?**

- Yes of course! Our classes are designed to be suitable for ALL fitness abilities. We will provide several variations and modifications to adjust to your fitness level and needs! Our goal is to push you closer to YOUR own individual and family fitness goals keeping your baby in mind as the number one motivator!