



WITH KELLY BURESH

BabyFit

GET FIT, MAMA! A SMALL GROUP TRAINING CLASS FOR EXPECTING AND NEW MOMS.

- Will teach exercises that can be done safely during both stages of pre and post pregnancy
- Will build strength and endurance after pregnancy
- Safely challenge expectant moms to prepare them for birth
- Help recover muscles that are weakened during pregnancy
- Help to safely begin to add exercise back into your routine post baby

THURSDAYS 12-12:30PM
SGPT STUDIO

\$96 8-PACK | \$15 DROP-IN

8-PACKS EXPIRE 8 WEEKS AFTER PURCHASE, ARE NON-REFUNDABLE AND NON-TRANSFERABLE

REGISTER Club Greenwood App, 303.770.2582 x274
ClubGreenwood.com/SGPT

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