



# YMCA- Tarrytown

## Prenatal

### Small Group Personal Training Classes

**“Strengthening your body for baby and beyond”** Under the direction of an NASM Certified Prenatal Personal Trainer, prepare and strengthen your body for birth, labor and beyond through our pregnancy specific fitness training program. Learn strengthening exercises targeting the muscles needed for delivery while enhancing all-over muscle tone, body image and your sense of well-being. Effective stretching will be used to alleviate the common aches/pains associated with pregnancy, while stressing breathing and relaxation techniques to cope with the pain and discomforts of labor.

Eight Week Session

**Members \$80**

**Non Members \$160**

For more information please contact:

Diane Mccarthy

Fitness and Group Exercise Coordinator

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