



Fitness Training for the Pregnant and Postpartum Client

Recently became pregnant? In your 3rd trimester? Or just gave birth? Are you familiar with the fitness guidelines from the American College of Obstetricians and Gynecologists? Do you understand the importance of pelvic awareness and core/abdominal stability? Do you know what your moderate fitness level should be and is it safe to train with weights while you are pregnant? Please join us for a **FREE** workshop that will answer all these questions and more!

Join Andrea Sarayli, **NASM certified Prenatal/Postpartum Fitness Trainer**, for a knowledge building workshop. We will talk about preparing and strengthening your body for birth, labor and beyond through our pregnancy specific fitness training program. Changes in your body throughout each trimester and after birth will be discussed, along with safe exercises for each stage of pregnancy and beyond. This is a workshop, but we will move a bit, so wear comfortable clothing.

Dates and Times

Mon. June 15th @ 8:00am

Wed. June 17th @ 5:30pm

For more information please contact: Diane McCarthy
Fitness and Group Exercise Coordinator 914-631-3162 dkmccarthy@ymcatarrytown.org



Family YMCA at Tarrytown
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