

FIT FOR 2

Fit For 2 is a fun and exciting class designed for pre-natal women wanting to improve strength and flexibility. This class will keep you in shape and make you feel better head to toe as your body goes through the exciting changes of pregnancy. This class is a total workout for you and your baby. We will do both dry land exercises and water aerobics. An added bonus— the class is a great place to meet other moms!

WHERE: Laramie Community Recreation Center

WHEN: Tuesday 6:30pm—7:30pm

COST: FREE!

This class is sponsored by Laramie Physicians for Women and Children.

QUESTIONS: Call the Rec Center at 721-5269 or LPWC at 745-8991

Permission from your doctor:

_____ has my permissions to participate in Fit for 2.

Signature

Date

PLEASE BRING THIS PORTION TO YOUR FIRST FIT FOR 2 CLASS

