

fit for 2

PRENATAL FITNESS CLASSES

fit for 2 overview



Fit For 2 is a fun, free, 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!

Sponsored by Laramie Physicians for Women and Children, Iverson Medical Group and Laramie Community Recreation Center.

*Laramie Community Rec. Center • Free
Tuesdays 6:30PM – 7:30PM*

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PROVIDER PERMISSION

BRING THIS PORTION TO YOUR CLASS

PATIENT NAME

has my permission to participate in Fit For 2.

SIGNATURE

DATE

PROVIDER NAME

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