

A SPECIAL INVITATION FOR NEW MOMS!

from *Passages* & *tru*
PT PILATES

slow down pamper yourself & rejuvenate

Tru Pilates and Passages PT understand that you don't have time for big events, and might not be able to get out for personal fitness activities yet. We have created a short series of special post-partum classes to help get you feel better and get back in action, with special suggestions following all types of delivery, including C-Sections.

Who? Whether this is your first child or your fourth, you may feel weaker than normal, with some stiffness and certainly fatigue. (Pre-crawling infants welcome.)

What? **Three fun and info-packed 30-minute classes, with quick-reference handouts, focusing on simple ways to improve energy, flexibility, strength, and posture.**

Week 1: "The Ergonomics of Baby Care!" Find out how to baby your back and minimize strain as your baby grows and begin exercises to help after all types of delivery. Also, your old-style "Kegels" may be obsolete: the floor of your core should coordinate with the rest of your postural support for lifting, and needs to relax well for intimacy.

Week 2: Breathing and gentle stretching strategies to energize you! Sometimes you just need to slow down and open up your ribcage to oxygenate! Luxuriate with a few moments to lengthen your spine and release your muscles. Learn how to be cautious during stretching—the goal is to stretch your muscles without over-stretching your joints or ligaments.

Week 3: Rejuvenate as you reclaim your power and your abs! Learn how to add power moments into your day. Whether you want to get back into those skinny jeans or focus on general strength, we'll teach you great micro workouts to do while standing by the sink or the crib, picking up toys, holding a fussing baby, or taking a break!

When? **First three Wednesdays of each month from 11:15–11:45 a.m., beginning October 2010.** You can begin on any Wednesday; payment is due at your first class.

Where? **tru PILATES, 310 Second St. SE, Charlottesville**
Across from the Gleason Building and Moxie. Free parking in the Water Street Garage.

Why? **Sometimes it just needs to be about YOU!** Plus you can connect with other Moms!

How? **RSVP to 975.3800 or info@trupilates.com.** Intro price: \$75 for all 3 classes.

For information other classes and services, please visit trupilates.com or passagespt.com.