

# MOMMY & ME

*mommy & baby, 6 weeks old to pre-crawlers*

# PILATES



This 45 minute specialty class is a blend of standing exercises & traditional Pilates mat work, where your little one is incorporated into the routine!

A unique post-natal yoga class which combines getting back into shape & strengthening the bond between you and your baby into one. These classes are for the post-natal Mother with babies 6 weeks old to non-crawlers. The focus is on all areas of the post-natal body to bring back strength, flexibility & mental calm to the mother. Experience flowing asanas, gentle core re-builders, strengthening postures and calming, restorative time for you and your baby in this safe and playful environment.

**Tuesdays, 10:00-10:45am**

**Feb. 7 - March 14 (6 weeks)**

\$65 members / \$90 nonmembers

Instructed by Molly Burgess • Sign up at the Front Desk

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

