

B.Y.O.B. FITNESS

for new moms

F3's **Bring Your Own Baby (BYOB)** Fitness Programs provide post-natal women with effective, mom-baby workouts while enhancing the mother-child bond and meeting other new moms. All classes are developed by our AFAA certified and specialty-trained group fitness instructors (and fellow moms--we get it). During classes, babies are nestled in their own carriers. For floor work segments, babies remain safely on a mat--and engaged with mom. Moms with babies age 6 weeks through pre-walking are encouraged to participate.

We offer the following BYOB Fitness Monday-Friday

(included in our 30-day & 90-day fitness passes, and monthly fitness membership; drop-in: \$12/ class):

BYOB Fitness - Barre

Bring Your Own Baby Barre is an effective, post-natal barre fitness class designed to give new moms a dynamic barre workout with their babies safely nestled into their own carriers. Come see what all the buzz is about.

BYOB Fitness - Boogie

This baby-wearing dance fitness class is geared toward beginner skill levels. Learn and perform super fun, easy-to-do dances while bonding with baby, getting a workout, and having a great time with other moms!

BYOB Fitness - Pilates

Focus on strengthening the body's core muscles after baby, as well as improving flexibility and building postural awareness. Bring your baby, a mat and/or blanket, and some water, and get ready to get in touch with muscles you never knew you had.

BYOB Fitness - Sculpt

Build muscle while bonding with your baby. This full body, functional strength training class caters to all fitness levels. Participants will be led through a variety of exercises targeting upper body, lower body, and core.

Get your 1st fitness class for \$5.
Visit www.f3ma.com to sign up today.

F3 does not provide baby carriers for classes. Please remember to bring yours. We recommend soft-sided baby carriers--such as Ergobaby--for BYOB Fitness classes. As with all post-natal exercise programs, you must be cleared by your doctor for exercise before taking part in BYOB classes.



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