



SOUL MOVEMENT  
pilates · barre · dance

# Mommy & Me Pilates!

Ages 0 - 6 months or pre-crawling

**Are you a new Mom and feeling overwhelmed? Not sure how to make time for yourself and your new baby let alone workouts?**

**Bring your baby to Pilates with you!**



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

Pilates is a full body workout that combines strengthening exercises as well as exercises geared toward flexibility, improved posture and injury rehabilitation/prevention. *Our class will have a strong focus on the following areas post pregnancy: core, pelvic floor, upper back, hips, glutes, and arms.*

This class is a great excuse to get yourself out of the house, meet other Moms with babies, and get back in shape!

Nursing, bottle feeding, diaper changes, fussy and sleepy babies are all welcome! Bring a blanket for your baby, carseat in case they want to sleep and a few soft toys. *\* Please be sure your doctor has cleared you for physical activity.*



Questions? Please email Beth Fielder at [bfielder@beverlyathletic.com](mailto:bfielder@beverlyathletic.com)

About the instructor: Christina has been teaching Pilates for 8 years. She has taken courses in the PhysicalMind Method, STOTT, and is a fully certified Balance Body instructor. She has worked with all levels of clients, from professional athletes and dancers, to clients who are recovering from injury, or who suffer from spinal conditions. A dancer herself of over 25 years, she combines her knowledge from years of training with her workouts. Christina is also a brand new Mom to her baby boy Charlie!



SCAN FOR CURRENT  
PROGRAM INFORMATION

**BEVERLY ATHLETIC CLUB**

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