

Woolwich Memorial Centre

24 Snyder Ave. S. Elmira, ON ♦ 519.669.1647 ext. 7001

Moving Together

Mommy and Me Fitness Class



Need more motivation to get moving? Consider the following benefits of exercise for moms:

Stronger and healthier bones, muscles, and joints.

Weight loss, reduction in body fat and eventually controlled weight levels.

Increased mental improvement, reduced incidences of postpartum depression, anxieties or stress

There are many fun exercise routines for you and your baby to enjoy together!

Coming in April, 2011 – Call for more details!

Gentle Aquafit at the WMC



Get Fit in the Water!

Progress at your own pace in warm water

Improve stability and balance

Increase cardiovascular endurance

Maintain muscle strength

Have fun!

Classes run on various days and times ...



For more information or to register please contact Woolwich Memorial Centre staff at 519.669.1647 ext. 7001