

Mommy and Baby Boot Camp

Now being offered at the AT&T Sports Center!

Transform the Mommy belly
back into what it once was!

Join us at 11:30am on Wednesdays
and Fridays for a great workout.
All you need is a front pack or back pack
and your baby. This class will help you
strengthen and tone and get back into
those pre-pregnancy clothes!



Our instructor Kelly is an AFAA Personal Trainer & Group Fitness Instructor and has been teaching group fitness classes for the last two years. She, herself is a new mommy looking for an opportunity to squeeze in a workout all while interacting with her baby.

Classes will incorporate free weights, as well as body weight exercises, plus... the weight of that new bundle of joy strapped to you!

Class is ideal for babies' ages 6 weeks to 1 year old.

Mom's participating in the program must have already had their 6 week post partum check and be cleared by their doctors.



7GO.PLAY (746.7529)

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www.attsportscenter.com