



WE MOMS

Getting back into a fitness and self-care routine after having a baby is challenging. Moms face a slew of obstacles including fatigue, body image concerns and emotional stress. We are here to offer support and love on new moms throughout the month of February with a calendar of FREE classes!

Mom's Return to Fitness

Your doctor has cleared you for exercise. Now what? This class will focus on breathing techniques, posture alignment, and pelvic floor connection, which all help postpartum moms to reconnect with their core and make it strong again. We will incorporate low impact strength training through short circuits.

Led by certified personal trainer and postnatal fitness specialist, Tanya Schwamberger

Restorative Yoga

This therapeutic practice utilizes a variety of props including bolsters, blankets, blocks and straps for fully supported poses which can be held for up to ten minutes at a time. This environment of ease and effortless activates the body's relaxation response and natural healing abilities – perfect for new mothers!

Led by Stephanie Fischer



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
3	4 Mom's Return to Fitness 10:45-11:30am	5 Restorative Yoga 7:30-8:30pm	6	7	8	9
10	11	12	13 Mom's Return to Fitness 5:45-6:30pm	14 Restorative Yoga 10:30-11:30am	15	16
17	18 Mom's Return to Fitness 10:45-11:30am	19 Restorative Yoga 7:30-8:30pm	20	21	22	23
24	25	26	27 Mom's Return to Fitness 5:45-6:30pm	28 Restorative Yoga 10:30-11:30am	Location: Mankato Family YMCA Studio C Class is open to new moms/ moms of young children. You do not need to be a YMCA member to attend. Child Watch info: mankatoymca.org/child-watch Non-mobile infants welcome in the studio. Questions: sfischer@mankatoymca.org	