

with Melanie Douglass, RD, CPT



PREGNANT WORKOUT PARTY!



Bring your friends and come:

- *Work out for FREE
- *Shop Mumberry's maternity activewear collection
- *Get answers to your nutrition Q's
- *Get a FREE Prenatal Workout DVD! and
- *ENTER TO WIN

a BOB
Stroller!

Saturday, May 16

9:00 am - 11:00 am

DC Training & Fitness

1525 N Main, Bountiful, UT

Class Schedule:

9:00 am - Pregnancy Strength

9:45 am - Pregnancy Stretch

10:00 am - Zumba

Come to one or come to ALL!
We'd love to have you!



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Supporting your healthy pregnancy

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