



Pre- & Post-natal Water Aerobics Class

This class provides a safe environment for pre- and post-natal women while offering a very effective workout. This class provides non-weight-bearing exercise, which is highly recommended by obstetricians and other physicians who treat pregnant women and women who have recently given birth. Exercising in the water also provides a number of benefits: lower body temperature during workouts, a lower heart-rate response, improved circulation, and reduction of swelling in the extremities via hydrostatic pressure.

Studies have shown that women who exercise moderately and regularly during their last trimester of pregnancy perceive labor as less painful and lengthy than women who do not.

The goal of this class is to provide, through a variety of movements and stretches, a balanced musculoskeletal workout, and to improve balance, coordination, trunk strength, and posture through stabilization.

When: Saturdays 11 a.m.-noon

Where: Whitworth University Aquatics Center

Cost: \$5 per class or 10 classes for \$45

Questions? Please contact Elise Hinrichs (ehinrichs08@whitworth.edu)
or Patty Murphy (pmurphy@whitworth.edu or 509.777.4735).