

Workshops 2015

Pregnancy

Instructor: Elizabeth Leeds, PT, DPT
Physical Therapist, Personal Trainer, Total Gym Master Trainer & Educator



Whether you are a new or an avid exerciser, pregnancy will bring a new element to any workout routine. This workshop series is designed to help you better understand and manage pregnancy symptoms, implement, modify and progress exercise programs, as well as receive support during and following your pregnancy with Physical Therapy.

Week 1: Physiology: Discussion of changes within your body.

Weeks 2-3: Core Activation: Review of core activation and core exercise program.

Week 4: Strengthening Program: Learn and master a strengthening routine to meet your goals.

Week 5: Strengthening Program: considerations within each trimester.

Weeks 6-7: Learn a Yoga Flow Program to assist in stretching, relaxation and mindfulness.

Week 8: Review and discussion of post-partum exercise.

Schedule:

Wednesdays from 5:30 pm to 6:45 pm for 8 weeks.

February 18th to April 15th

Cost:

\$160/person. Payment is due in full 2 weeks prior to start date to ensure spot in workshop.

Max Participants:

6 – 8 participants max