

You don't have to get out of shape with your new shape.



Join Casa Colina's Prenatal Exercise Program.

Now, you can safely exercise for the two of you. Exercising when you're expecting offers many benefits, including better energy, reduced back pain, and strengthened muscles and endurance for labor.

Yet there are special precautions and guidelines expectant mothers need to take during exercise. This is why we created our 10-week Prenatal Exercise Program where classes are guided by a licensed physical therapist. You may choose from a combination of aquatic or land exercise each week at Casa Colina. The cost is \$150 for 10 sessions and you must have your physician's approval to participate. Individual physical therapy appointments are also available.

For class schedules, call **909/596-7733**, extension 3500.

Aquatic Exercise

Exercise in a gravity-reduced environment that decreases the extra weight on joints. Water helps lessen edema, promote relaxation, and assist in controlling weight gain during pregnancy.

Land Exercise

Exercise using principles of Pilates and yoga that focus on breathing, posture, balance and relaxation as well as increased body awareness to prepare for labor and delivery.



INSTRUCTOR

*Suzi Johnson, PT, OCS
Certified Aquatic Therapy Instructor
Certified Pilates Instructor*



CENTERS FOR REHABILITATION

255 East Bonita Avenue (at Garey) Pomona, CA ♦ 800/926-5462 ♦ www.casacolina.org