

# KEEPING YOU & YOUR BABY HEALTHY

## PRENATAL WATER FITNESS @ THE BATTLE CREEK FAMILY YMCA

The Y is offering safe, yet exhilarating workouts which will help you enjoy your pregnancy to the fullest. This class will offer breather exercises, stretching and informational tips about childbirth. **They are free to anyone in the community!**

### The Y experience:

Love spending time at the Y? After the birth of your child, bring in a newborn photo and the name of your child to the welcome center desk and receive **NO JOINER'S FEE** when you sign up for a membership. We love new members!

### DATE/TIME:

Tuesdays and Thursdays 7-7:45 p.m.  
in the Therapy Pool

### WHO:

FREE to anyone in the community

### CONTACT:

Audrey Akins: (269) 963.9622 ext. 126

### COST:

FREE TO ANYONE in the community!



**BATTLE CREEK FAMILY YMCA**  
182 Capital Avenue NE  
269 963 9622  
[www.ymcabattlecreek.org](http://www.ymcabattlecreek.org)



Battle Creek Family YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY