

About 2 Fit Moms

2 Fit Moms is dedicated to helping Moms get and stay fit. We know that being a Mom is hard work because we are Moms too. We offer a variety of fitness classes designed specifically for new and expecting Moms.

Classes Include:

- Fitness For 2
- Mommy & Me
- New Baby New Body
- Hot Mama Total Body Workout
- Stroller Boot Camp

See Back For
Class Details

On-Site Day Care!!

We know that finding a child care can be hard so we provide On-Site child care during all class times.



“

I am 35 weeks and still training with 2 Fit Moms. I am amazed at how good I still look and feel and I am looking forward to working with them after the birth to get back into my pre-pregnancy shape!! ”

-Cristina Sweiderk

2 Fit Moms^{LLC}

Motherhood Never Looked So Good



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Pre & Post Natal
Personal Training

www.2fitmoms.org

Fitness For 2

This class is designed to accommodate each trimester of your pregnancy for every fitness level. It begins with a warm-up and moves into a 40 minute session of cardio and core training exercises such as weight training and floor work to improve strength, posture and flexibility. The class ends with a 20 minute session of pregnancy/labor preparation exercises coupled with breathing and relaxation techniques. At the end of each class is a 10 minute discussion touching upon topics such as nutrition, stress management and other related pregnancy issues. All prenatal participants must provide a medical clearance form from her doctor/midwife.

2 Fit Moms Classes

Mommy and Me



This class is designed to help Mom bond with baby while working out! We'll use baby as added resistance while we lunge, squat and crunch our way back to pre-pregnancy form. Class ends with a relaxing massage and stretch for baby. A baby carrier and blanket are suggested for class. Recommended for babies 3 months to 1 year.

New Baby, New Body

Finally! A mommy-friendly class that targets the core. This class is designed to challenge all levels and postpartum stages. Achieve the look you want by learning to train your CORE safely and effectively. Get strong from the inside out. In 60 minutes, the class focuses on cardio and strength training exercises designed specifically to firm, tone and tighten those areas affected during pregnancy (abdominal, back, buttocks and pelvic floor muscles). This class is considered the BEST way to get your pre-baby body back!

Hot Mama Total Body Workout Level 1

Take it off! The pounds we mean! This class is designed for all women, no matter your fitness level! Feeling good about yourself is about feeling healthy, sexy and proud of your body. In 60 minutes, this class incorporates various elements of cardio, strength training exercises, and combines them with some dance moves and striptease all while creating a fun, sexy, yet challenging workout. This class is a great way to let your inner-self come out, all while shedding those extra pounds! Level 1: NO PRIOR DANCE EXPERIENCE REQUIRED.

Stroller Boot Camp

Available Spring 2007! We turn the outdoors into a total gym!

All prenatal participants must provide a medical clearance form from their Doctor/midwife before starting class. All other classes are open to all moms 8 weeks post-natal and beyond unless a medical clearance form is submitted.

Benefits of Pre-Natal Fitness

What are you waiting for? Get on the move. Even moderate exercise will benefit you and your baby. Maintaining or increasing cardiovascular fitness can help increase energy and stamina, definite pluses down the road for labor and delivery.

Benefits of Strength Training:

- Helps Mom prepare for the daily tasks of motherhood (i.e. lifting a car seat and baby)
- Improved balance and coordination
- Improved posture / decreases back pain
- Exercisers gain approximately 7lbs less
- Shorter and less complicated labors
- More energy and faster recovery

Free Class

Try us out for FREE! Just bring in this coupon and enjoy any one of our unique classes. Contact us today to set up your free class, space is limited.

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