



## GREAT EXPECTATIONS | PRENATAL EXERCISE PROGRAM

Great Expectations is a 6-week prenatal exercise program designed to empower women to overcome exercise barriers during pregnancy. Participants will attend (2) 30-minute weekly classes lead by Certified Personal Trainers who specialize in women’s health. Class sessions will focus on cardiovascular, strength, and flexibility training.

### Class Breakdown:

10 minutes cardiovascular exercise | 10 minutes strength training | 10 minutes prenatal yoga

**Sessions:** 6-week sessions determined by participant | Available beginning Sept. 8, 2015

**When:** Group meets Tuesdays & Thursdays

**Time:** 5:00 - 5:30 pm

**Location:** Choice Health & Fitness Krank & Row Room

**Cost:** \$100.00\* (members) | \$150.00\* (non-members) | \*Scholarships available for those who qualify

**Trainers:** Kalee Werner, Chris Langei, & Kristen Kriewall

## JOIN GREAT EXPECTATIONS

1. | Schedule a FREE Prenatal Exercise Consultation with a trainer to identify your personal goals.
2. | Work with trainer to set exercise goals and create an progressive 6-week exercise program centered around you and your pregnancy.
3. | Sign up for a 6-week session of classes that work with your schedule. (6-week sessions available anytime beginning September 8, 2015)

## GREAT EXPECTATIONS PRENATAL EXERCISE PROGRAM | REGISTRATION FORM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Alternate Phone # (work, mobile, etc.) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

I have met with a Licensed Physician for a prenatal health examination/physical and my health was deemed fit to participate in a prenatal fitness program. I hereby acknowledge my health to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained while attending this program. I also understand that any medical bills that I incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (Must sign before participating in program)

HAVE YOU FILLED OUT A PAR-Q AND INFORMED CONSENT FORM?  YES  NO

Are you a member of Choice Health & Fitness:  YES  NO

List the trainer you met with for prenatal fitness consultation: \_\_\_\_\_

List the session dates you wish to participate in (6-weeks): \_\_\_\_\_

For office use only: Ring up under "FITNESS PROGRAM". Fees listed above. | Note: Must meet with trainer before registering for program .



Great Expectations is a prenatal exercise program designed to empower women to overcome exercise barriers during pregnancy. Lead by Certified Personal Trainers who specialize in women's health, this 6 week program consists of (2) thirty minute classes each week that focus on cardiovascular, strength, and flexibility training.

**CLASS BREAKDOWN:**

- 10 minutes cardiovascular exercise
- 10 minutes strength training
- 10 minutes prenatal yoga

