

Aquatics

Healthy for you and your Baby!

Research has found numerous benefits from pre- and postnatal exercise:

- Decreases pain and swelling
- Lowers risk for gestational diabetes
- Aids in better sleep and relaxation

Pre- & Postnatal Aquatics

Non Members \$40.00/month

MCH Pre-Registered Non Members \$20.00/month*

Mission Fitness Members Complimentary

**Mothers who choose to pre-register with MCH for their special delivery, receive 50% off. Offer also applies to MCH deliveries for the Postnatal Aquatics program.*

Pre- and Postnatal Aquatics

The cool 80-82° water offers a supportive environment that is easier on the back and joints.

The compression of the water decreases swelling and creates a soothing workout.

Note: Pre- and postnatal classes are only available for expectant mothers in their 2nd and 3rd trimester and 6-weeks after delivery.

Participation requires a physician's release.



missionfitnessnow.com



A Member of Medical Center Health System



facebook.com/MCHMissionFitness

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Prenatal Yoga

Take Time to Relax

Benefits of Yoga:

- Increases the strength, flexibility and endurance of muscles needed for childbirth
- Reduces stress and anxiety
- Decreases lower back pain, nausea, headaches and shortness of breath

Pricing

Prenatal Yoga Private Sessions

Mission Fitness Members:

30 minutes \$35

60 minutes \$60

Rising Stars Childcare

Family (up to 3) \$3.00/visit

Unlimited Monthly Pass (Up to 3) \$20.00/month

Additional children after 3 \$5.00/month

Minimum age for childcare is 6 weeks. Reservation required

Prenatal Massage

Soothing Relief

Benefits of Massage:

- Decreases pain and swelling
- Relaxes muscles
- Improves sleep
- Reduces heart rate

Licensed Massage therapists will work to relieve the usual muscle tension and aches that occur during pregnancy. Enjoy a comfortable and smoother pregnancy with prenatal massages.

*Prenatal massage is not offered in the 1st trimester

Pricing

Non Members:

15-minute Chair massage \$25

25 minutes \$40

55 minutes \$65

85 minutes \$95

Mission Fitness Members:

15-minute Chair Massage \$15

25 minutes \$30

55 minutes \$55

85 minutes \$85

If you are a non-member at Mission Fitness and are scheduled to deliver at MCH, please inform the front desk for discounted membership pricing rates.

Enjoy a healthy pregnancy when you partner with Medical Center Health System and Mission Fitness.

