

# Maternity and Motherhood Wellness Program



## In-Person and Online Wellness Program

Begin your wellness and fitness journey today and nurture a happier, healthier pregnancy and motherhood. Learn how to assess your changing body and choose appropriate, effective exercises to help you start or safely continue to exercise. Our maternity wellness programs benefit prenatal and postpartum stages, are designed for all fitness levels and meet all guidelines from the American College of Obstetricians and Gynecologists.

## Classes

Fitness classes are offered at the BayCare Fitness Center in Valrico, the Cheek-Powell Fitness Center in Clearwater and online. The prenatal and postpartum nutrition classes that are led by registered dietitian are offered online.

For schedules, call us using the phone numbers found on the reverse side. Schedules will also be posted on Facebook pages: BayCare (Cheek-Powell Fitness Center) and BayCare (Fitness Center Bloomingdale).

Pregnancy massage is also available at both locations, using special cushions to assure the safety and comfort of you and your baby. To make an appointment, call the center nearest you (phone numbers on reverse).

## Fitness Package Pricing

Four pack of classes: \$80

Eight pack of classes: \$144

Ten pack of classes: \$160

\*Get free monthly online prenatal or postpartum nutrition classes led by a registered dietitian with the purchase of any package.



## Maternity Wellness Program Benefits

- Learn how to correctly lessen or prevent common prenatal-related and postpartum-related discomforts as hormones fluctuate during pregnancy and during the postpartum recovery period.
- Reduces the risk of muscle aches, SI joint pain, round ligament pain, pelvic and back pain.
- Reduces fatigue, burnout, stress and anxiety, and improves energy and mental health.
- Learn techniques to lessen or prevent diastasis recti (separation of abdominal walls), incontinence, swelling and weight gain.
- Possible benefits include a shorter labor, decreased postpartum recovery time, lower risk of complications including gestational diabetes and gestational hypertension, and lower incidence of cesarean section.
- Gain the sense of self-confidence needed to look and feel your best, and relax and reconnect with your changing body, feel more prepared for the upcoming birth experience and then continue to function while caring for a new baby.
- Classes may include elements of dance and yoga, core training, gentle stretching, endurance building through interval training, breathing techniques, guided imagery and more.
- Become part of a community of women who support and empower each other, creating a vital network of resources and friends.



## Meet Your Specialists



**Shailja Reuter** is an occupational therapist and a certified group fitness instructor. She's a certified prenatal and postnatal corrective exercise specialist and yoga instructor. Ms. Reuter loves the outdoors and staying active, and dancing is her form of meditation.



**LaMor Silas** is a certified yoga therapist (C-IAYT), an ACE-certified personal trainer, a group exercise instructor and a faculty member of the YogaFit Worldwide Yoga Therapy Program, of which prenatal/postpartum yoga and fitness and pelvic floor health are core curriculums. Ms. Silas enjoys the outdoors and feels blessed to live in Florida where she can be outside year-round.

### BayCare Fitness Center

BayCare HealthHub™  
2470 Bloomingdale Ave. | Valrico  
(813) 586-8600

### Cheek-Powell Fitness Center

Morton Plant Hospital  
455 Pinellas St. | Clearwater  
(727) 462-7685

To register or for more information,  
scan this QR code:

