

# Prenatal Wellness Classes

*FREE for everyone!*

Attend fitness classes as early in your pregnancy as possible, and stay with us after your baby is born. Partners and Support persons welcome.

Childminding available during Yoga only.

With six rotating topics, choose when to attend each session for a program individualized to your needs. No registration required.

This program is offered FREE to the community in partnership with Interior Health and The Bridge Youth & Family Services.

**Contact Us:** prenatal@ymcaokanagan.ca  
Kelowna Family YMCA  
375 Hartman Road, Kelowna, BC V1X 2M9  
250-491-9622 ext. 227  
[ymcaokanagan.ca/prenatal](http://ymcaokanagan.ca/prenatal)



## TUESDAYS

**6:00 PM** Yoga (Group Fitness Studio)

**7:00 PM** Education

## THURSDAYS

**7:15-8:00 PM** Deepwater Aquafit (Dive Tank)

## EDUCATION SCHEDULE (Boardroom)

Date	Education Topic
September 18	Nutrition for a Healthy Pregnancy Part II
September 25	Weight Gain and Common Discomforts
October 2	Preparing for Parenthood
October 9	Nutrition for a Healthy Pregnancy Part I
October 16	Healthy Lifestyles
October 23	Worries and Concerns
October 30	Nutrition for a Healthy Pregnancy Part II



**YMCA of  
Okanagan**



**Interior Health**  
*Every person matters*