

# New Fitness Classes for Women and Kids in Front Royal!

## Pre-natal, Post-partum, and Kids Fitness Classes

**FitMama:** A class for expecting mothers in any stage of pregnancy who have been cleared for exercise by their physician. This class includes a variety of pregnancy-specific exercises, cardio, and full-body strengthening to help women achieve a healthier pregnancy, a more efficient labor, and an easier recovery! *Monday and Thursday, 5:00-6:00 p.m.*

**FitWoman:** A fitness class for any woman, especially those who have had children in their lifetime! This class helps women rehabilitate their core, strengthen their bodies, and increase their endurance. (Participants must be at least 6 weeks post-partum, with physician approval to exercise.) *Tuesday and Friday, 5:00-6:00 p.m.*

**FitKid:** Group fitness for kids aged 6 to 13! This class focuses on fun and functional exercise, incorporating cardiovascular endurance and strengthening exercises. Designed to help kids create strong fitness habits for a healthier, happier life!  
*Ages 6-9: Mon and Thurs. 4:00-4:45 p.m., Ages 10-13: Tues and Fri. 4:00-4:45 p.m.*

All classes are offered at the Warren Memorial Hospital Outpatient Center by a Certified Personal Trainer/Group Exercise Instructor. Both women's classes are taught by an instructor with a certification in pre-natal and post-partum exercise.

For more information call 540-635-0741, or email [msolitar@valleyhealthlink.com](mailto:msolitar@valleyhealthlink.com).

Warren Memorial Hospital Outpatient Center  
120 N. Commerce Avenue, Suite 250  
Front Royal, VA 22630