



# Pre-Natal Pilates Class

## Benefits for pregnant women

Safe & effective for pregnant women

Relieves lower back strain

Relieves fatigue

Relieves constipation

Prevents varicose veins

Prevents incontinence

Prevents leg swelling

Builds stamina for labor

Increases blood circulation

Increases oxygen flow to baby

Safe up until due date



A safe and fun way to  
stay fit during pregnancy!

**Sundays**  
**from 3:00 to 4:00pm**

219 N. Salem St. Suite 103

Downtown Apex's

Salem Street Promenade

[www.harmoniypilatesstudio.com](http://www.harmoniypilatesstudio.com)