



# Personal Training Pregnancy and Postpartum With Alicia Clements



Exercising during pregnancy helps prepare your body for labor and delivery, reduces aches and pain, improves your sleep while promoting muscle tone and increases strength.

Exercising after the baby (postpartum) brings positive benefits to your body, helping mood and stress levels. Exercise helps to recenter and focus on yourself.

## Personal Training

	Members	Non-Members
1 1/2 hour session	\$35	\$45
1 1 hour session	\$50	\$60
3 1 hour sessions	\$143	\$173
5 1 hour sessions	\$225	\$275
10 1/2 hour sessions	\$225	\$325
10 1 hour sessions	\$425	\$525

