

Prenatal Massage

We are now offering a massage special for expecting mothers in their second and third trimesters. For \$375, you will receive an hour-long massage session once a week for 12 weeks! Appointments will be made at the Paul Derda Recreation Center on **Fridays and Sundays between 8:00 a.m.-12:00 p.m.** To set up an appointment, please contact Kelly Lundvall, Fitness Coordinator at 303-460-6913.

12 weeks for \$375.00

Benefits of Massage

- Eases backaches, headaches, shoulder and neck aches that may be caused by muscle tension and shifts in posture to accommodate increasing weight
- Decreases pain in the pelvic/hip area
- Increases circulation
- Improves digestion
- Reduces fatigue
- Improves skin elasticity that can help reduce stretch marks
- Helps reduce swelling in such places as hands and lower legs
- Promotes relaxation and deep breathing

Yoga for Labor Workshop

Yoga is an excellent tool to help you manage labor. Please join us in this informative and inspiring workshop. We will focus on:

- Using your breath as a vehicle for maintaining control and managing contractions.
- Asanas (postures) to help your labor progress more efficiently and comfortably.
- Meditation exercises to help with common anxieties.
Partners are encouraged to attend, but are not required as we can also partner within the class.

Days: Saturday, December 8

Time: 1:00-4:00 PM

Location: PDRC

COST: \$60 Resident/\$70 Non-Resident
\$45 Annual Pass Holder

CONTACT INFORMATION

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Pre/Postnatal Fitness & Massage Childbirth Classes



Prenatal Fitness

Prenatal Yoga

This class for moms-to-be uses Yoga postures specialized for the pregnant body. This class will strengthen the back, pelvic floor, and core and will help to alleviate common discomforts of pregnancy.

Day: Wednesdays

Time: 7:00-8:00 PM

Location: PDRC Studio B

Day: Saturdays

Time: 10:30AM-12:00 PM

Location: PDRC Studio A

Prenatal Water Aerobics

Safe and fun exercises designed to keep pre and postnatal women in shape and healthy! A great way to meet other moms, share and learn.

Days: Sundays/Tuesdays/Thursdays

Time: 9:00-10:00 AM

Location: PDRC Pool

Days: Mondays/Wednesdays

Time: 6:00-7:00 PM

Location: PDRC Pool



Class times are subject to change.

*Please contact the Paul Derda Recreation Center
for current times and days. 303.460.6900*

Postnatal Fitness

Mommy & Me Aqua Aerobics

A new class designed to give you a workout while your child is in the water with you. The workout includes flexibility, toning and cardiovascular exercises. A great opportunity to have fun with your child and get exercise.

Days: Fridays

Time: 8:45-9:45 AM

Location: PDRC Pool



Stroller Fitness

A new class designed to give you a workout and bond with your newborn baby. Cardiovascular and strengthen training exercises will be incorporated to get you back in shape. All classes will start on the track, so bring your stroller and enjoy a workout with other moms and babies.

Days: Tuesdays/Thursdays

Time: 11:00 AM-12:00 PM

Location: PDRC Track & Studio A

Spin®

An indoor stationary bike class guaranteed to challenge you, no matter what your fitness level. Babies need to be in a stroller and car seat carrier parked next to the bike, while mom enjoys a workout.

Days: Mondays

Time: 11:10—11:55 AM

Location: PDRC Track & Studio A

Parent-Tot

Parent-Tot Aquatic Classes

A great class to introduce your child to the water! This is great scheduled fun for both parents to spend time with their child ages 6 months to 3 years. This class will introduce you and your child to the basic fundamentals of swimming and safety in and around the water.

Days: Varies (please see our brochure)

Time: Varies

Location: PDRC Pool & BCC Pool



Lil' Hoppers Gymnastics

This class is designed for kids 18m-24m. Parents work with their child on different apparatus to jump, crawl, stretch, and play with music and fun!

Days: Varies (please see our brochure)

Time: Varies

Location: PDRC Gymnastics Center



Balancing Babies Gymnastics

This class is designed for kids 2 years. Let your child enjoy flipping, climbing, and jumping in a safe environment. Coordination is developed through stretching, tumbling, and games. Once child per adult.

Days: Varies (please see our brochure)

Time: Varies

Location: PDRC Gymnastics Center