

Start your  
pregnancy  
with a

# Healthy Beginnings



## Classes

### Prepared Childbirth - Ready, Set, Push!

Tuesdays: 6 - 8:30 pm

Saturdays: 12:30 - 3 pm

### KICK!™ Prenatal Yoga

Wednesdays: 5:30 - 6:30 pm

Fridays: 10:30 - 11:30 am

### Fit Mama - Prenatal Exercise and Pilates

Saturdays: 10 - 11 am

**Pre-registration is required  
for all classes. It's easy  
to register.\* Simply call:  
909.980.BABY (2229).**

\* Fees vary.

Healthy  
Beginnings  
start at  San Antonio  
Community Hospital

Come join us for parent education classes at the  
SACH Learning Studio inside Destination Maternity.  
12455 Victoria Gardens Lane • Rancho Cucamonga, CA 91730

destination  
maternity®

Destination Maternity is located across from Victoria Gardens, just off of Monet Avenue.

# Class Descriptions



## **Prepared Childbirth – Ready, Set, Push!**

(Lamaze) - 5 week course, 2.5 hours each week. The Lamaze Technique was created in the 1940s by French obstetrician Fernand Lamaze. The classes will provide expectant parents with techniques for relaxation, breathing, and positioning during labor and delivery. Instructors also discuss coaching techniques for the labor partner, pain relief, what to expect from mom and baby for the first few weeks following the birth, how to choose a pediatrician, and c-section birth.

## **KICK! Prenatal Yoga**

Using an exercise ball and floor exercises, moms-to-be are led through a wide range of breathing exercises and poses adapted for the ever-changing pregnant body, preparing her for labor and motherhood, as well as helping to alleviate some of the associated discomforts of pregnancy.

## **Fit Mama – Prenatal Exercise and Pilates**

This class provides a fusion of exercise movements featuring low impact dance aerobics with emphasis on stretching, toning, and Pilates exercise. This class is for mothers-to-be and new mothers.

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