

Prenatal Water Aerobics



Queen of the Valley Medical Center offers free Water Fitness classes for expectant mothers. This program is designed to help pregnant moms improve their comfort, strength, confidence, and body awareness during pregnancy. All classes are led by a Physical Therapist. Participants are invited to wear what they are most Comfortable in.

Every Wednesday

5:30 -6:30 PM

Wellness Center Warm Water Pool

3421 Villa Lane

For more information on this free class please call 707-251-2026

**Queen of the Valley
Medical Center** 
ST. JOSEPH
HEALTH SYSTEM

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