

Moms *in* Motion

Pre-Natal Aquatic Class

Wednesdays @ 5:30

\$3.00 per class

*Pre-Registration required



Fun

Safe

Restorative

Energizing

Strengthening

Therapeutic

For more information or to register call:

828.326.3680

Fitness Plus: 810 Fairgrove Church Rd. Hickory, NC 28601

www.catawbavalleymedical.org/fitness-plus