

Prenatal/ Postnatal Moms

The Avera McKennan Fitness Center is here for you!

Our positive, clean, professional environment welcomes and encourages you to take great care of your mind, body and spirit. We offer facilities, staff guidance and programs that will enhance your efforts to get and stay fit. In addition, we provide services which are particularly helpful to moms:

- Personalized pre/postnatal exercise program.
- FitKids on site childcare for children age six weeks through eight years.
- Private Swim Lessons for children 3 years old and above
- Family Swim & Gym.
- Lap pool and therapy pool.
- Personal training in strength, cardio and flexibility, aquatic and mind/body.
- Group exercise classes that are particularly helpful to pre/postnatal moms.

A note from our fitness director, Jenni Struck:

Although no research can prove that exercising during your pregnancy will decrease your labor time, there are several other benefits of staying fit for those 40 weeks. The labor process is physically demanding, so it makes sense to be ready to endure it. In a sense, you want to prepare your body for this event as you would any other athletic event. It is not a time for all-out physical exertion, but it is a time to prepare for the



strength and endurance needed for labor and caring for a newborn child.

Prenatal exercise can help you keep your stress level down, help maintain a healthy weight for pregnancy and give you a better self-image. It helps with blood circulation, which benefits you and your baby.

At the Avera McKennan Fitness Center, we are eager to help you start this wonderful journey of getting fit for yourself and your baby in a manner that is appropriate for you.

Call (605) 322-5300
to schedule a tour or
complimentary
workout today.

EVERY EXPERIENCE. EVERY STEP.

Start with us.

Avera 

McKenna Fitness Center

www.AveraMcKennaFitness.org

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