

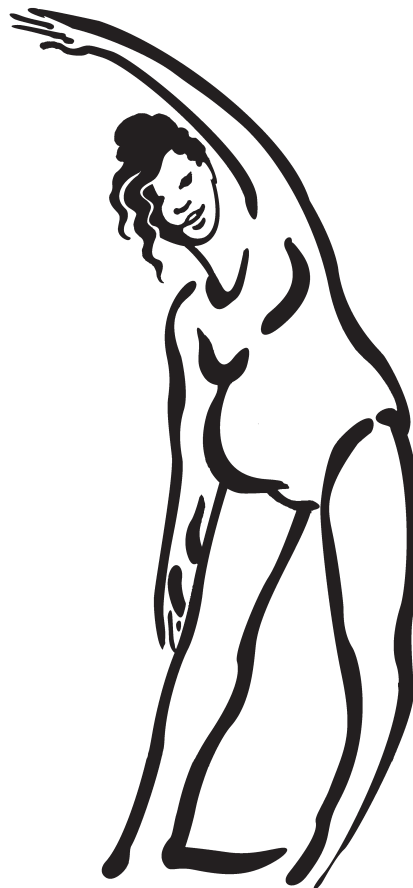
The Center for Health and Fitness  
at The Chester County Hospital

NOW OFFERS :

Prenatal/Postpartum  
Exercise Classes

Mondays  
6:15 - 7:10 pm

North Hills Medical Office Building, Ground Floor  
795 East Marshall Street, West Chester



- Come and exercise under the guidance of a professional physical therapist assistant
- Classes primarily oriented toward mat exercises
- Helps relieve lower back pain, night cramps in calves, upper back strain and ankle swelling
- Increases cardiovascular and respiratory system efficiency
- Learn why you are exercising certain muscle areas
- Receive individual attention as exercises are changed and modified to fit your needs
- Meet women who are pregnant or recently gave birth

A physician's permission required.

Classes cost \$150 for 20 classes.

[ For more information or to register,  
call 610-738-BFIT ]



The Center for Health and Fitness  
The Chester County Hospital

BEYOND GOOD CARE™