



Working Out for 2

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Working Out for 2 is an all inclusive, comprehensive exercise program for pregnant women utilizing both land and water exercise.

Each exercise option has its own unique benefits. A well rounded and comprehensive program is best for you and your baby.

Class Schedule:

Monday and Thursday

5:15 – 5:45 p.m.

Cardio and strength

Women's Wellness

5:45 – 6:15 p.m.

Pregnancy Focused Exercise,

Breathing and Relaxation

Personal Training Office

6:15 – 7 p.m.

Aquatic exercise

Main Pool

Wednesday

5:15 – 5:45 p.m.

Cardio and strength

Women's Wellness

6:15 – 7 p.m.

Aquatic exercise

Main Pool

Thursday

5:30 – 6:15 p.m.

Mind, Body, Baby (Prenatal Yoga)

Classroom B, Wellness Center

Saturday

9:45 – 10:30 a.m.

Aquatic exercise

Main Pool

For more information and to pre-register call (605) 328-7140.



Sanford
Women's

sanfordwomens.org