

*The miracle of birth is  
enhanced by the journey  
a woman takes to prepare  
and the bonding of the life  
entrusted to her.*



**Sanford**

Wellness Center

[sanfordwellness.com](http://sanfordwellness.com)

4201 S. Oxbow Avenue • Sioux Falls, SD 57106  
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**WORKING  
OUT FOR 2**



**Sanford**  
Wellness Center

## Working Out for 2

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.

This holistic approach to fitness incorporates mind, body, balance and education.



## Rock - N - Stroll

Bring your own stroller or borrow one of ours. Start by walking the track in the main gym for 15 minutes and then head down to Women's Wellness. In Women's Wellness the mom's will lift for about 25 minutes, while the baby sits in the stroller. The last 15-20 minutes of class is infant massage, which is instructed by a hospital staff.

**Mondays**  
6 – 7 p.m.

**Thursdays**  
10:30 – 11:30 a.m.

### **Monday**

5:30 – 6:30 p.m.  
Cardio, Strength & Relaxation,  
*Women's Wellness*

6:15 – 7 p.m.  
Aquatic Exercise, *Main Pool*

### **Wednesday**

5:30 – 6 p.m.  
Cardio & Strength, *Women's Wellness*

6:15 – 7 p.m.  
Aquatic Exercise, *Main Pool*

### **Thursday**

5:30 – 6:30 p.m.  
Cardio, Strength & Relaxation,  
*Women's Wellness*

**Saturday**  
9:45 – 10:30 a.m.  
Aquatic Exercise, *Main Pool*



"The Working Out for 2 classes not only helped me maintain my fitness level, but also provided the opportunity to bond with other moms-to-be as we made our journey through pregnancy.

*I learned so much at this class and I still cherish giving my baby an infant massage."*

Heather Ahrendt  
Program participant

