

Maternity and Motherhood Wellness Program



Created by moms for moms

BayCare Fitness Centers offer a fitness program designed just for moms and moms-to-be. When you join this community of moms, you can attend one of these small group workout classes from the convenience of your home or in person in Valrico or Clearwater. You'll also be invited to attend online nutrition classes with our registered dietitian. You'll learn more about prenatal and postnatal nutrition and can have your specific questions answered.

How to Get Started

Step 1: Talk to your doctor

At your next appointment, discuss maternity and motherhood fitness with your doctor. Once you've been approved for physical activity, ask your doctor to sign the required consent form. *This form can be downloaded from our website.*

Step 2: Sign up

Sign up by emailing your signed consent form to maternityfitness@baycare.org. Once received, we'll email you instructions to access our easy-to-use member portal.

Step 3: Pay

While you're in your portal, you can purchase individual sessions and packages. If you prefer, you can prepay for classes at any BayCare Fitness Center.

Step 4: Attend a class

After signing up, you'll receive a list of our monthly online and in-person class options. Register for a class on your member portal or email maternityfitness@baycare.org to reserve your spot.

Step 5: Have a happier and healthier pregnancy and motherhood!

Fitness Package Pricing

Four classes: \$80

Eight classes: \$144

Ten classes: \$160

One class: \$25

Get two free monthly online prenatal or postnatal nutrition classes led by a registered dietitian with the purchase of any package.



[BayCare.org/MaternityFitness](https://www.baycare.org/MaternityFitness)

Benefits

- Learn how to correctly lessen or prevent common prenatal-related and postpartum-related discomforts.
- Reduce the risk of muscle aches, SI joint pain, round ligament pain, pelvic and back pain.
- Reduce fatigue, burnout, stress and anxiety, and improves energy and mental health.
- Learn techniques to lessen or prevent diastasis recti (separation of abdominal walls), incontinence, swelling and weight gain.
- Possible benefits include a shorter labor, decreased postpartum recovery time, lower risk of complications including gestational diabetes and gestational hypertension, and lower incidence of cesarean section.
- Gain the self-confidence needed to look and feel your best, relax and reconnect with your changing body, feel more prepared for the upcoming birth experience.
- Classes may include elements of dance and yoga, core training, gentle stretching, endurance building, breathing techniques, guided imagery and more.
- Become part of a community of women who support and empower each other, creating a vital network of resources and friends.



Meet Your Specialists



Shailja Reuter is an occupational therapist and certified group fitness instructor. She's also a certified prenatal and postnatal corrective exercise specialist and yoga instructor. Ms. Reuter loves the outdoors and staying active, and dancing is her form of meditation.



LaMor Silas is a certified yoga therapist (C-IAYT), an ACE-certified personal trainer, a group exercise instructor and a faculty member of the YogaFit Worldwide Yoga Therapy Program, of which prenatal/postnatal yoga and fitness and pelvic floor health are core curriculums. Ms. Silas enjoys the outdoors and feels blessed to live in Florida where she can be outside year-round.

BayCare Fitness Center

BayCare HealthHub™
2470 Bloomingdale Ave. | Valrico
(813) 586-8600

BayCare Fitness Center

(online classes only)
BayCare Outpatient Center
900 Carillon Parkway | St. Petersburg
(727) 502-4444

Cheek-Powell Fitness Center

Morton Plant Hospital
455 Pinellas St. | Clearwater
(727) 462-7685

For more information: maternityfitness@baycare.org



[BayCare.org/MaternityFitness](https://www.baycare.org/MaternityFitness)