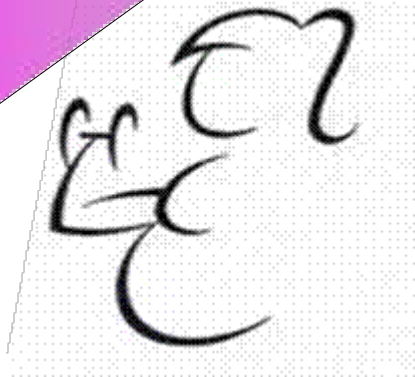


**Prenatal  
& Postnatal  
(up to 6 months)**



# Pregnancy Exercise Program

**\*Resistance Training  
\*Yoga**

**Eligible TRICARE Beneficiaries**

**Childcare Available at TT2 Fitness Center only**

**Register for Childcare in the TT2 Fitness Center Playroom at TT2  
Childcare Development Center  
450-1681**

**Mondays & Wednesdays  
At TT2 Fitness Center 1030-1130**

---

**Thursdays  
At French Creek Fitness Center 1530-1630**



**To register call:  
Naval Hospital  
Health Promotion & Wellness  
910-451-3712**



Updated on March 17, 2010