

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

Pregnancy Exercise Program



- Strength 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 November 30, 2010