Smith Fitness Center

Prenatal Yoga Class

$3/class or $25/month

Wednesday 4:30-5:30pm

Child care available

Child Care is available on a 1st come, 1st serve basis M-F from 8am - 1pm & 4-8pm, for a small fee. You must remain on-site for this CYSS program.

For more info, contact lori.smith6@us.army.mil

Led by Jennifer Rodrigues, experienced and certified Pre/Post Natal yoga instructor

Text 'FITNESS' to 82672 for program info and updates!

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