



## Now Offering Pelvic Floor Fitness Classes Beginning October 1<sup>st</sup>

Do you experience any of the following?

- Incontinence
- Urge
- Pelvic Floor Weakness
- Interstitial Cystitis
- Endometriosis

These are very common pelvic floor conditions, but you do not have to live with them!

Are you prenatal or postnatal?

We can help! This class will focus on engaging the pelvic floor muscles and transverse abdominis and breathing to strengthen the pelvic floor.

\$50 for five classes

Thursdays from 10-11 AM

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