



## Coming This January 2010... Complimentary Mom and Baby Fitness Class

We will be hosting **FITMOM** ([www.fitmomfitness.com](http://www.fitmomfitness.com)) postnatal fitness class for mother's and their babies. Instructor, Jodi Goodenough of FITMOM Newmarket will lead a six-week session of her **FITMOM + BABY** class beginning January 18th:

At **Fitmom+Baby**, new moms wear their little ones in carriers and work to improve strength and cardiovascular fitness, lose weight and bond with their babies. As baby grows, so does the challenge for mom! Babies get lots of attention with activities and exercises designed with their fun and development in mind.

If you are interested in joining this weekly class, ask an Educator for more details and sign-up today!

Email questions or concerns:  
[newmarket-store@lululemon.com](mailto:newmarket-store@lululemon.com)



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