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BellyMamas Prenatal Bellydance Fitness

What to Expect from a Class

- ☀️ Classes are my personal mix of yoga, breathing, bellydance moves, meditation and pelvic floor work. Prepare for labor and birth with fun, sexy and safe exercises. Feel energized and renewed. Exercises are specifically tailored to the prenatal woman's needs to support a healthy pregnancy and fast postpartum recovery. No previous dance experience is needed. Start taking classes as early in the pregnancy as you like.

Book a Private Class or Join a Group contact Lisa at 201-881-6338 or email lisa@bellymamams.com please include BellyMamas in the subject line.

Ask about Postpartum Mommy and Me classes.