

Better Body After Baby

With Grace Selwitschka

Tuesdays, 9:30 a.m.

Session I July 13 - Aug. 3

Session II Aug. 17 - Sept. 7



Get your before-baby body back fast with this simple, effective 4 week workout with healthy eating plan designed to give you the energy you need to be Supermom!

Sign up at the North Shore Front Desk Activity Book.

Session price: \$79 member / \$99 non-member.