

For Mommies Only!

Space is limited!

Babies Welcome!



Instructor: Michelle Chauss, D.C.

Fit Tummy Mommy *Post Natal Core Training Class*

The protruding "pooch" after pregnancy is usually caused by weak abdominal muscles. Lots of women end up "still pregnant looking" with an overly round protruding abdomen. The good news is that it is NEVER too late to re-flatten the abdomen after pregnancy.

Core Training improves posture making the stomach look flatter!

Classes are held on **Tuesdays** at Giggle in Walnut Creek

Beginner Level (0-6 mo.) **10:30am**

Intermediate Level (6-12 mo.) **11:30am**

Advanced Level (1 year+) **9:30am**



For information about a
FREE Trial Class
contact Hilarie Hsu at: hilarie_hsu@hotmail.com

\$15.00 Drop in

\$55.00 4-class Package Deal

*Ask about special discounts
for loyal Giggle customers!*

Giggle
1359 North Main St.
Walnut Creek