

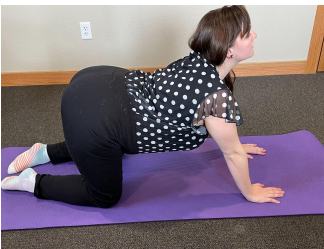


2948 Hogan Dr | Casper, WY 82601 | 307.258.9426

Educational and Light Fitness Pregnancy Class

Offered quarterly to prepare you for birth and keep you moving.

Complete Physical Therapy is excited to offer an education and gentle fitness class that is appropriate for antepartum women. It tailors to women who want to prepare their bodies for birthing as well as learn safe movements and exercises to continue while pregnant. The class will provide you with information and you will participate in a safe and mild workout. You will be supervised and guided by a physical therapist.



Class space is limited so please RSVP to reserve a spot.

Call: 307.258.9426

Email: frontdesk@completeptwyo.com (please leave phone number in email)

Check the website or scan here for dates





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Educational and Light Fitness Postpartum Class

Offered quarterly to help you recover after birth and safely increase your activity level.

Complete Physical Therapy is thrilled to offer an educational and light fitness class that tailors to postpartum women. It is specific to women who want to improve their core, pelvic floor strength/coordination and participate in safer exercises after a vaginal or cesarean birth. This class will help women reduce pain and dysfunctions. You will be supervised and guided by a physical therapist.



Class space is limited so please RSVP to reserve a spot.

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