

# Complete Physical Therapy

2948 Hogan Dr.  
Casper, WY 82601  
(307) 258 - 9426

## Pregnancy Fitness Class

### Fitness Class

Complete Physical Therapy is excited to offer a fitness class that is appropriate for antepartum women. It tailors to women who want a safe environment to move. The class will include a dynamic warm up, safe exercises and appropriate stretches to move easier, increase or maintain strength and prepare for delivery. You will be supervised and guided by a physical therapist.

**Childcare is available.**



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

**Call : 307-258-9426**

**Email: [frontdesk@completeptwyo.com](mailto:frontdesk@completeptwyo.com)**



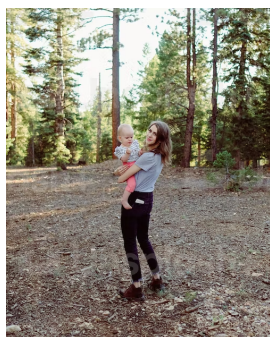
## Complete Physical Therapy

2948 Hogan Dr.  
Casper, WY 82601  
(307) 258 - 9426

# Postpartum Fitness Class

## Fitness Class

Complete Physical Therapy is thrilled to offer a fitness class that tailors to postpartum women. It is specific to women who want to improve their core, pelvic floor strength and coordination as well as safely improve strength and endurance. This class will allow women to progress to resistance training, Pilates, yoga and any other fitness type after giving birth. You will be supervised and guided by a physical therapist.



**Childcare is available.**

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

**Call : 307-258-9426**

**Email: [frontdesk@completeptwyo.com](mailto:frontdesk@completeptwyo.com)**

