

# BUMP IT UP

PREGNANCY FITNESS PROGRAM:

BUMP It Up is a month to month prenatal wellness program offered through Louisiana Athletic Club. Studies show that a healthy and active pregnancy leads to a healthy and active baby!

BUMP It Up makes staying healthy and active during pregnancy easy by offering two group personal training sessions each week led by a certified personal trainer, one pregnancy-safe yoga class each week, monthly nutrition tips from our Registered Dietician, FULL access to BOTH of our club locations, PLUS the chance to share your pregnancy experiences with other expecting mothers.

And once baby is born? If you participate in at least 6 weeks of the program, you'll earn 3 individual personal training sessions with our Wellness Coordinator (a certified personal trainer with over 10 years of PTA experience) to help jump start your postnatal fitness journey. As an added bonus, we will waive all enrollment fees should you chose to continue a regular membership with us!

Already a member of Louisiana Athletic Club? That's great! These prenatal classes are available to you too! Ask our front desk associates to add the BUMP It Up program to your account.

**All workout programs follow the guidelines set by the American College of Obstetricians and Gynecologists (ACOG).**

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**WE ARE EXCITED TO HELP YOU  
GET FIT FOR MOTHERHOOD!**  
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## PARTICIPANT TESTIMONIALS:

"I have gained so much confidence in maintaining an active lifestyle throughout my pregnancy. Having an experienced trainer to guide my workouts has been absolutely priceless! For full access to the gym equipment, fitness classes, and a personal trainer, it is absolutely worth the price. Plus, the pool really helped relieve pressure from my back. Knowing a trusted professional is structuring a custom exercise routine that is specifically tailored for each stage of pregnancy gave me such peace of mind!

- SARAH BERNARD

"Kelsey makes working out SO much fun! I feel like I have so much more energy on the days I workout."

- SALLY ZOHNEY

"In just 6 weeks of this program, I noticed a significant reduction in leg cramps, increased energy, and decreased swelling - even in my last trimester!"

- ASHLEY ARMAND

A background image of a pregnant woman in a white tank top, holding her belly. The image is partially obscured by the text and logos.

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Louisiana Athletic Club

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Get Fit For Motherhood

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## PREGNANCY FITNESS PROGRAM

Louisiana Athletic Club

### WHO CAN ATTEND:

Any moms-to-be can attend no matter what trimester of their pregnancy as long as you were active to some degree prior to conceiving. Expecting mothers who were instructed by their physician to refrain from exercise or increased activity should seek medical clearance prior to enrolling in this program.

### WHAT'S INCLUDED:

- 2 group personal training sessions per week
- Nutrition tips from a Registered Dietician
- Unlimited gym access
- Support group
- List of safe prenatal exercises
- 1 yoga-style class per week
- 3 individual personal training sessions after baby arrives

M	T	W	T	F
	6:45am Train		6:45am Train	11:00am Yoga

\* Sample schedule may be subject to change.

\* Alternate train times based on trainer availability.

[www.LouisianaAthleticClub.com](http://www.LouisianaAthleticClub.com)

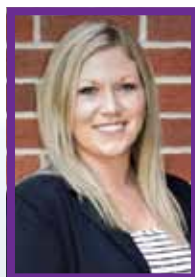
..... LED BY OUR TEAM OF .....  
NATIONALLY ACCREDITED  
..... PROFESSIONALS .....



KELSEY ALFORD  
PTA, CPT, SSC

I graduated from my Physical Therapist Assistant program in 2011 and have been practicing since then. I have been a certified personal trainer for over 3 years and became a Strength & Conditioning Specialist in 2020. My favorite thing about fitness is seeing people change through hard work, overcoming obstacles, gaining confidence and finding a better version of themselves.

*"Workouts were the key to helping me keep my energy levels, strength and mobility up throughout my pregnancy, and now I want to help bring that to others. Let's BUMP IT UP!" - Kelsey*



KATIE DICKSON  
MS, RD, LDN

I received my Bachelors of Science degree in nutrition and dietetics from Missouri State University and later my Master's in Nutrition and dietetics from Louisiana Tech University. I have worked as a dietician in Alexandria for over 10 years, and enjoy private consulting the most!

*"I love educating my community and have a passion to help every single one of you become the best version of yourself now, so when your little one arrives, you are the best version of yourself for them too!!" - Katie*

## DID YOU KNOW...

Women who exercised for 55 minutes, three days a week, were 34% less likely to require an emergency cesarean.

– British Journal of Sports and Medicine

Babies born to active mothers can have brain responses of a six to eight-month-old.

– University Montreal

The average time spent in the 'active pushing' phase of labor is significantly reduced for women who performed regular pelvic floor exercises during pregnancy.

– Journal of Obstetrics and Gynecology

## HAVE YOU EVER...

- Wondered which workouts are safe during pregnancy?
- Considered the fact that your nutrition needs continue to change throughout your pregnancy?
- Felt overwhelmed by all the conflicting information regarding pregnancy on the internet?
- Wanted to meet with other expectant moms who are going through similar experiences?
- Heard your doctor recommend you stay active during your pregnancy?

## GET SIGNED UP...

### WHERE:

Louisiana Athletic Club  
1135 Expressway Drive  
Pineville, LA 71360

### HOW MUCH:

Member: \$49/month  
Non-Member: \$99/month