

Fit Pregnancy Program?

This program involves a commitment to an 8 month pregnancy and a 6 week post pregnancy fitness program. Instructors will help to design and lead classes offered Monday through Friday during the mornings 0630-0730 and if possible some afternoons.

During the program participant's % body fat and weight are monitored on a monthly basis.

The goal of this program is to help members maintain an active lifestyle throughout their pregnancy as well as offer support through instructors and fellow members.



Steps on Getting Started

1) Contact the Health and Wellness Center or your UFPM to sign up for the Fit Pregnancy Class.

- You must attend the Fit Pregnancy Class before enrolling in the Fit Pregnancy Program.

2) Once enrolled, participants sign a 'Participant Commitment' Form which is also signed by a supervisor and 1st Shirt for accountability.



- Participants are encouraged to wear comfortable fitness attire along with proper athletic shoes. Also, bring a bottle of water.

- Training sessions are held at the Warhawk Fitness Center track, HAWC gym and two days a week at the Warhawk Pool.

What to Expect

Each training session will include the *5 components of fitness*:

1. Cardiovascular Endurance
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Body Composition

Sessions consist of a 5 min warm up, 20min cardio session, 25 min resistance session and a 10 min cool down.

*All training sessions are analyzed by the HAWC exercise physiologist for safety and effectiveness.



Fit Pregnancy Class

The Fit Pregnancy Class is a 2 hour class to educate pregnant women on proper nutrition for the mother and the baby; as well as proper exercise which can help with delivery and speed recovery. Dental provides information to the class on the importance of dental care during pregnancy along with dental care for baby. Classes are held on every 4th Thursday of the month. Contact the HAWC for specific dates and times.



Health and Wellness Center

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Lackland AFB “Fit Pregnancy” Class/Program



“Maintaining a healthy and active lifestyle for mom and baby”