



"Total Control" Class Series:

Be Fit, Be Sexy, Be in Control!

The "Total Control" program is designed for women to bring awareness to pelvic floor dysfunction, and to help educate on ways to achieve optimized pelvic health and long-term bladder control. Being in control and comfortable in your active lifestyle is what every woman deserves. This program is for both women suffering with this disorder as well as those who are not yet symptomatic.

Our hope is, through this beneficial program, we are able to improve the quality of life through health, fitness and support for women in need.

UPCOMING 2016 DATES:

September 6-22 | October 4-20 | November 1-17 | December 6-22

DAYS: Tuesdays and Thursdays | 4 to 5 p.m.

REGISTRATION FEES:

Non-members: \$42 for 6 classes

Members: \$20 for 6 classes

Pre-registration is required.

To register, please call **1.877.527.3712**.

piedmont.org/totalcontrol



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