

## EXERCISE SPOTLIGHT

# THESE LADIES ARE WORKING OUT FOR TWO

Baby on the way? Getting ready means more than stockpiling diapers and painting the nursery. You should keep up (or start) a fitness program.

Oh Baby Fitness brings expectant and new moms a variety of exercise classes — yoga, Pilates, stationary cycling and water aerobics — at 25 locations around Atlanta.

Decatur mom and Oh Baby co-founder Clare Schexnyder says she realizes pregnant women and new moms tire easily and can't find enough time to exercise. (And many of them believe they're fragile and should rest a lot, too.) But pregnant women need to exercise safely, just like anybody else.

Exercise helps control weight and gestational diabetes, and it can lead to quicker delivery and faster recovery. Schexnyder says exercise even helped her beat postpartum depression.

Oh Baby's instructors are certified for perinatal exercise and CPR, and some classes let new moms exercise with their babies. Schexnyder says the most popular classes are Pilates and a combo class with toning, fitness and yoga. But when temperatures rise outside, water aerobics becomes the hot ticket.

"Women want to pay big bucks to be weightless for an hour, the more pregnant they get," Schexnyder quips.

**What it is:** Oh Baby Fitness classes for expectant and new moms.

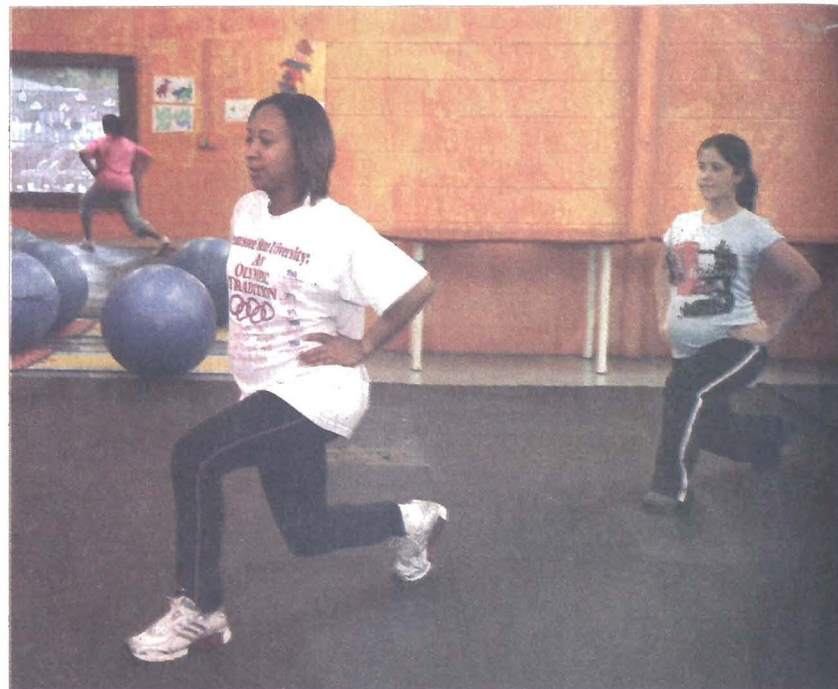
**Where to do it:** 25 locations around metro Atlanta. Classes and schedules are posted on Oh Baby's Web site. A six-week series costs \$80. Information and online registration, [www.ohbabyfitness.com](http://www.ohbabyfitness.com).

— Staff report



Photos by JESSICA MCGOWAN / Special

**Beverly Johnson** uses an exercise ball and band to work her back during an Oh Baby prenatal combo class, which has elements of toning, fitness and yoga. Johnson is 27 weeks pregnant.



**Jackie Moore** (left) of Vinings, who is 25 weeks pregnant, and **Cordelia Ortiz** of Atlanta, who is 32 weeks pregnant, lunge across the room during a prenatal class sponsored by Oh Baby Fitness at Banzai Fun Center.