



WORD TO YOUR **MOTHER**



We're celebrating Moms everywhere with inspiring group fitness classes, mom-focused seminars and complimentary spa services Saturday, May 7 at Equinox Back Bay.

12:00PM-12:45PM TRAIN HARD! CYCLING

Interval drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls.

12:45PM-1:30PM GUEST SPEAKER

Jennifer Yarbrough, Founder of Boston Nursery Design

Learn how to create an elegant and nurturing nursery that supports the physical, emotional and cognitive development of the child while meeting the functional needs of the family.

1:30PM-2:15PM BARRE BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism.

2:15PM-3:00PM GUEST SPEAKER

Carole Arsenault, Founder and CEO of Boston Baby Nurses; Author of *The Baby Nurse Bible*

Secrets Only a Baby Nurse Can Tell You About Having and Caring for Your Baby

3:00PM-4:00PM YOGA GLOW: FLOW

A yoga flow class to re-energize and invigorate your day. Fuel your body with the nutrients of a healthy yoga flow practice.

Tastings by Healthy Habits Kitchen

Enter to win a complimentary month at Equinox, an Orbit Baby Stroller and a \$50 gift certificate for Plum Organics baby food. Gift bag will be given to the first 50 guests.

Reservations are required for Kids' Club, please call 617.578.8918.

ENJOY AN EXCLUSIVE ONE WEEK TRIAL MEMBERSHIP TO EQUINOX BY VISITING EQUINOX.COM/EXPERIENCE7

ENTER ACTIVATION CODE: MOMS

For full details about the day's events, go to the Equinox Facebook page.



IT'S NOT FITNESS. IT'S LIFE.

