

## FPC Method

# The foundation to Fit Pregnancy Club is the Pump & Kegel®

A vital activation of the core and pelvic floor that initiates every class and continues throughout. Our mission is for you to become familiar with these parts of your body, strengthen them, and activate or turn them off as you need throughout your motherhood journey.

The core and pelvic floor are your secret weapon for pushing and expanding during labor, preventing urinary incontinence and hemorrhoids post delivery, and so much more.

#PumpAndKegel



## The Classes

[SEE SCHEDULE](#)

Our classes are safe pregnancy- and post-pregnancy workouts designed to teach you how to stay fit during pregnancy, exercises to prepare for labor, approaches to working out after a C-section, and more.

Pre-crawling babies are welcome in all classes!

## Plans & Pricing

First Class – 2 for \$35

Single Class – \$40

5-Class Pack – \$190

10-Class Pack – \$360

20-Class Pack – \$680

FPC Membership – \$299/month

- Unlimited classes for 1 month
- 15% off full-priced retail
- Discounted community workshops for \$15 (vs. \$30)
- Special 6-hour class cancellation window (vs. 12 hours)

Get a FPC Gift Card

[PURCHASE NOW](#)

Not in NYC?

[WORKOUT ONLINE](#)

## Prenatal Signature

45-minute prenatal workout of low impact and high intensity exercises for full body strengthening, toning and stretching.

### Finish pregnancy stronger than you started.

This full body workout is developed specifically for women that are working out while pregnant. We'll focus on strengthening your body to meet the demands of motherhood while building the foundation for a complete postpartum recovery. Learn how to prepare your body for labor while minimizing aches, pains and fears.

## Postpartum Rehab\*

45 minutes of rehabilitative exercises and learning to assess, protect and heal abdominal separation and pelvic floor issues. This class is free!

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SEE SCHEDULE

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## Welcome back mama <3

Your body and mind have gone through a tremendous transition, so we like to take the first few weeks to reconnect them before you jump back into your fitness routine. Rehab is the first step to you making a full recovery, returning to your optimal state of functioning and approaching motherhood with the physical strength and peace of mind it requires.

You'll also have the space to connect with other new moms where you can exchange advice and ask questions that often accompany recovery — whether IRL or online.

\*It's not a requirement but we recommend all new and returning clients that are post-pregnancy take one Rehab before entering into the Postpartum Signature class. No medical clearance is necessary. This class focuses on information.

## Postpartum Signature\*

45 minutes of high intensity and high impact workouts for increasing strength.

## Because you want to thrive, not just survive.

Signature will help you meet the functional demands of motherhood, increase your strength, improve your posture and prep your mind and body to return to pre-pregnancy fitness. You'll learn how to protect your core and pelvic floor as we begin to integrate high intensity workouts and high impact exercises back into your fitness regime.

\*You must have clearance from your healthcare provider to begin exercising again.



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# Schedule

Find a Class			My Account
<div style="border: 1px solid #ccc; padding: 2px; display: inline-block;">  2019-10-17         </div>			
Thursday, October 17			
09:30 AM – 10:15 AM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Jessica Parks	BOOK
10:45 AM – 11:30 AM <a href="#">View details</a>	Postpartum Signature - Postpartum FPC Signature	Maddy Wasserman	BOOK
12:00 PM – 12:45 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Maddy Wasserman	BOOK
05:45 PM – 06:30 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Heather Giesa	BOOK
07:00 PM – 07:45 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Heather Giesa	BOOK
Friday, October 18			
09:30 AM – 10:15 AM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Joanie Johnson	BOOK
10:45 AM – 11:30 AM <a href="#">View details</a>	Postpartum Signature - Postpartum FPC Signature	Jenny Hoofnagle <small>(substitute)</small>	BOOK
12:00 PM – 12:45 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Jenny Hoofnagle <small>(substitute)</small>	BOOK
Saturday, October 19			
09:30 AM – 10:15 AM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Jenny Hoofnagle	BOOK
10:45 AM – 11:30 AM <a href="#">View details</a>	Postpartum Signature - Postpartum FPC Signature	Jenny Hoofnagle	BOOK
12:00 PM – 12:45 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Jenny Hoofnagle	BOOK
Sunday, October 20			
09:30 AM – 10:15 AM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Heather Giesa <small>(substitute)</small>	BOOK

Sunday, October 20				
09:30 AM – 10:15 AM	Signature Class - Prenatal FPC Signature		Heather Giesa <small>(substitute)</small>	BOOK
<a href="#">View details</a>				
10:45 AM – 11:30 AM	Signature Class - Prenatal FPC Signature		Heather Giesa <small>(substitute)</small>	BOOK
<a href="#">View details</a>				
12:00 PM – 12:45 PM	Signature Class - Prenatal FPC Signature		Heather Giesa <small>(substitute)</small>	BOOK
<a href="#">View details</a>				
Monday, October 21				
08:00 AM – 08:45 AM	Signature Class - Prenatal FPC Signature		Amanda Schoppe	BOOK
<a href="#">View details</a>				
09:30 AM – 10:15 AM	Signature Class - Prenatal FPC Signature		Amanda Schoppe	BOOK
<a href="#">View details</a>				
10:45 AM – 11:30 AM	Postpartum Signature - Postpartum FPC Signature		Carolyn Tallents	BOOK
<a href="#">View details</a>				
12:00 PM – 12:45 PM	Signature Class - Prenatal FPC Signature		Carolyn Tallents	BOOK
<a href="#">View details</a>				
05:15 PM – 06:00 PM	Signature Class - Prenatal FPC Signature		Maddy Wasserman	BOOK
<a href="#">View details</a>				
06:30 PM – 07:15 PM	Signature Class - Prenatal FPC Signature		Maddy Wasserman	BOOK
<a href="#">View details</a>				
Tuesday, October 22				
08:00 AM – 08:45 AM	Signature Class - Prenatal FPC Signature		Jamie Jones	BOOK
<a href="#">View details</a>				
09:30 AM – 10:15 AM	Signature Class - Prenatal FPC Signature		Jamie Jones	BOOK
<a href="#">View details</a>				
10:45 AM – 11:30 AM	Postpartum Signature - Postpartum FPC Signature		Amanda Schoppe	BOOK
<a href="#">View details</a>				
12:00 PM – 12:45 PM	Signature Class - Prenatal FPC Signature		Amanda Schoppe	BOOK
<a href="#">View details</a>				
05:15 PM – 06:00 PM	Signature Class - Prenatal FPC Signature		Jenny Hoofnagle	BOOK
<a href="#">View details</a>				
06:30 PM – 07:15 PM	Signature Class - Prenatal FPC Signature		Jenny Hoofnagle	BOOK
<a href="#">View details</a>				
Wednesday, October 23				

12:00 PM – 12:45 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Amanda Schoppe	BOOK
05:15 PM – 06:00 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Jenny Hoofnagle	BOOK
06:30 PM – 07:15 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Jenny Hoofnagle	BOOK
Wednesday, October 23			
07:00 AM – 07:45 AM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Jamie Jones	BOOK
09:30 AM – 10:15 AM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Jamie Jones	BOOK
10:45 AM – 11:30 AM <a href="#">View details</a>	Postpartum Signature - Postpartum FPC Signature	Jamie Jones	BOOK
12:00 PM – 12:45 PM <a href="#">View details</a>	Postpartum "Rehab" - Postpartum "Rehab"	Carolyn Tallents	BOOK
03:30 PM – 04:15 PM <a href="#">View details</a>	Postpartum Signature - Postpartum FPC Signature	Alicia Ferriere	BOOK
05:15 PM – 06:00 PM <a href="#">View details</a>	Signature Class - Prenatal FPC Signature	Alicia Ferriere	BOOK
06:30 PM – 08:30 PM <a href="#">View details</a>	Birth Smarter Workshop - 4th Trimester Planning with Birth S...	Ashley Brichter	

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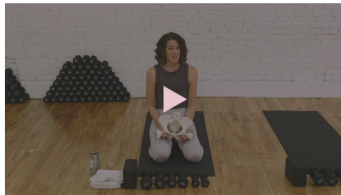
# You should work out, you shouldn't have to leave the house...

[START YOUR 7-DAY FREE TRIAL](#)  
or [Log In to your account](#)

- ▶ 7-day free trial
- ▶ 6 new workouts every month for \$19.99 / month
- ▶ Work out on your schedule
- ▶ Revisit favorite workouts any time
- ▶ Incorporation of Pump & Kegel™ in every class

## Foundations | The underlying movements to all FPC classes.

5-minute intro to Pump and Kegel, a series of movements that prepare your body for a more effective workout.



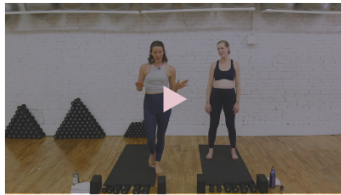
FPC: How to Kegel  
3:47



Intro to Pump and Kegel  
5:59

## Prenatal Signature | Finish pregnancy stronger than you started.

Prenatal workout consisting of low impact and high intensity exercises for full body strengthening, toning and stretching.



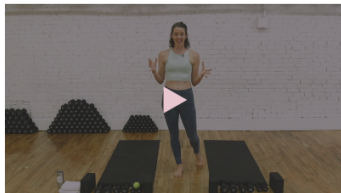
Prenatal Express 2: October 2019  
18:38



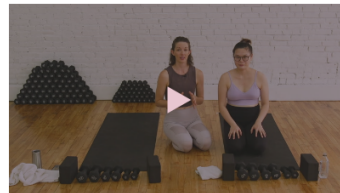
Prenatal Express 1: October 2019  
19:54

## Pre & Postpartum Rehab | We're here to keep you strong, mama. <3

Rehabilitative exercises and learning to assess, protect and heal abdominal separation, pelvic floor issues and address common conditions.



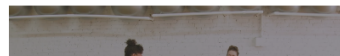
Relieving Postpartum Upper Body Discomfort  
3:15

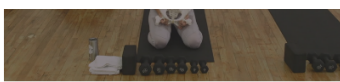


Avoiding Coning & Doming  
3:51

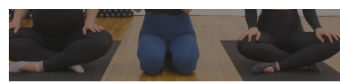
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High intensity and high impact workouts for increasing strength.





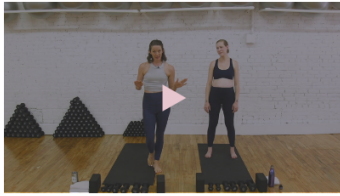
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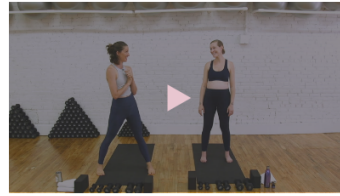
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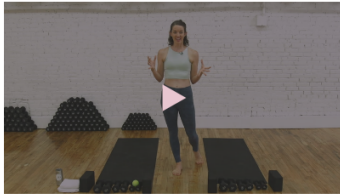
Prenatal Express 2: October 2019  
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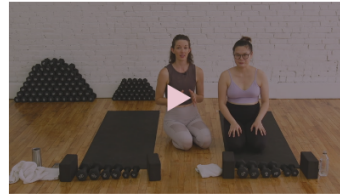
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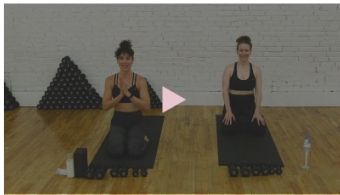
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Postpartum Express 2: October 2019  
21:13



Postpartum Express 1: October 2019  
23:48

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Community

We exchange advice, share our stories, and offer expertise all in a community of like-minded women.



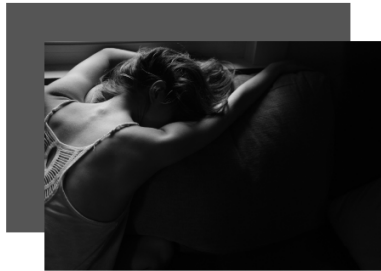
How FPC Supported This Pilates Instructor's Pregnancy Journey

October 7, 2019



The Secret to Rocking Your Labor!

September 28, 2019



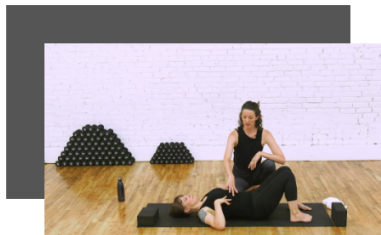
3 Ways To Manage Discomfort At The The Hospital

September 22, 2019



Does Exercise Affect Milk Supply?

September 15, 2019



FPC Women Start Working Out Immediately After Birth

September 1, 2019

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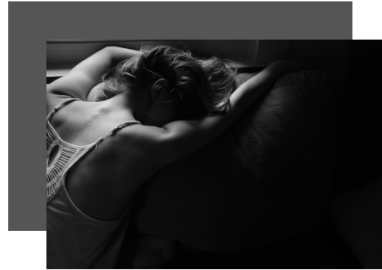
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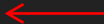
September 15, 2019



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## Events

## Upcoming Events


**Fourth Trimester Planning**


Wednesday  
October 23  
6:30 PM - 8:30 PM

RSVP

## Fourth Trimester Planning

Do you feel prepared for life in the immediate days and weeks after childbirth? In order to encourage a seamless physical recovery, decrease your likelihood of postpartum mood and anxiety disorders and increase family bonding, we encourage you to talk through the moving parts of postpartum life before you give birth!

Together, we will discuss

- physical and emotional needs following labor and delivery, including ways to increase rest, move mindfully, and eat well
- strategies for maintaining a healthy relationship with a newborn
- the difference between a postpartum doula and a baby nurse, and who else you might want in your circle of support
- essential products and resources for self-care

\$65. Partners welcome.

FPC Unlimited Members, contact us for your discount code.


**Comprehensive Childbirth Preparation**  
with breastfeeding and newborn care


Friday  
October 25  
6:30 PM - 9:30 PM

RSVP

## Comprehensive Childbirth Weekend Including Breastfeeding and Newborn Care

This class meets Friday Night, Saturday and Sunday Afternoon.

Find out why FPC regulars having fallen in love with Birth Smarter birthing classes and why Alana returned to class and told everyone, "it was the best money we ever spent!"

Class will address all of the "basics" you would get in another birthing class (stages of labor, breathing techniques, and when to go to the hospital etc). In addition you'll learn the simple, yet, awe inspiring physiology of birth and master techniques to help you and your partner improvise throughout labor and postpartum! Learn more here.

Wednesday  
November 13  
6:30 PM - 8:30 PM

RSVP

## Learning Party With Birth Smarter + Baby Caravan

Whether you've been dreaming about this pregnancy for years or it caught you by surprise, no one is quite ready for the level of anxiety or overwhelm that comes from having to make decisions while pregnant, especially in NYC. Like sitting down with a professional wedding planner, the goal of this session is to bring clarity and calm into your journey. This light-hearted and short class is intended for those pre-conception or in their first and second trimesters. We will walk you through what's good when it comes to hospitals, birth centers, doctors, midwives, doulas, birth classes, body workers (and more!)

AND!!!

Meet Jen Mayer, founder of Baby Caravan, NYC's leading birth and postpartum doula agency. She will explain why so many people are giving birth with a doula at their side; how doulas support partners as well as those delivering; the range of expertise between doulas in the city; the difference between a postpartum doula and a night nurse; and answer all of your questions. Baby Caravan Doulas will be in attendance as well (if they're not at a birth!) so you can meet some folks actively taking on clients. Partners are welcome, and encouraged to attend this free information session.


**Comprehensive Childbirth Preparation**  
with breastfeeding and newborn care


Friday  
November 22  
6:30 PM - 9:30 PM

RSVP

## Comprehensive Childbirth Weekend Including Breastfeeding and Newborn Care

**SOLD OUT!!! The express childbirth ed, with comfort + coping, pushing, breastfeeding and newborn care = the comprehensive class.**

This class meets Friday Night, Saturday and Sunday Afternoon.

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Wednesday  
December 11  
6:30 PM - 9:00 PM

RSVP

during each stage of labor (with or without an epidural). This is an ideal space for partners to experiment with the hands-on support strategies and become more confident in their role as labor support person. We will focus on breathing techniques, birthing positions, massage and comforting touch, tools such as the birth ball, peanut ball, and rebozo, relaxation mantras, aromatherapy, and acupressure points.

\$100/ birth parent + 1 support person.

FPC Unlimited Members, contact us for your discount code.



## Comprehensive Childbirth Weekend Including Breastfeeding and Newborn Care

This class meets Friday Night, Saturday and Sunday Afternoon.

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6:30 PM - 9:30 PM

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Wednesday  
December 18  
6:30 PM - 8:30 PM

RSVP

## Prepare To Push

"I still don't understand how I am going to get this baby out of my body" - said nearly every woman ever. Pushing is often most dramatic phase of childbirth but often comes without instructions, even in long form childbirth classes (there is never enough time!). We will walk you through the boney pelvis, pelvic floor muscles, fetal alignment, and breathing techniques so you can understand the physiology of pushing. You will practice various positions and make an action plan for at-home exercises to help train your body for the main event.



## Eat Sweat Pamper

Being pregnant has its challenges so it's an important time to take care of you as you take care of your baby. Join us for a special Happy Hour class where we Sweat with a 30 minute FPC Prenatal Signature class, Eat bites by Two Hands in collaboration with Bella Mama Co. and get Pampered with an incredible gift bag.

5:00-5:30PM: FPC Prenatal Signature workout

5:30-6:15PM: BellaMama nutrition/self-care talk + Snack and sip

6:15PM: Giveaway winner announcement!

Friday  
October 18  
5:00 PM - 6:30 PM

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