Aylara
Pelvic Health

Personal Training

Strengthen Your Core,
Protect Your Pelvic Floor.

with a Certified Personal Trainer
and Pre/Postnatal Fitness Specialist





Introduction

Aylara Pelvic Health Personal Training is dedicated to empowering women through all stages of life by providing safe, effective, and personalized fitness programs. With comprehensive training in pre and postnatal exercise, our trainers design workouts that accommodate the unique changes experienced during and after pregnancy. We are committed to supporting each client in achieving their health and fitness goals, ensuring they feel confident and strong throughout all stages of their journey.

What we offer:

- Customized group or one on one strength training
- In person or virtual setting
- Healing and rebuilding postpartum
- Customized prenatal and birth prep programs
- Virtual Membership Plans

Scan QR code for current class list and pricing.

For More Info

www.AylaraPelvicHealth.com

@AylaraPelvicHealth

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