



# “Less deadlifts — more treadmill!”

—*Harmoni Swinnes*

Our super-member, Harmoni is seen here in her eighth month of pregnancy. This fit mom did not stop, just modified her fitness routine while carrying her sixth child. Harmoni has been attending yoga several times a week, in addition to a moderate cardio routine. She feels this has produced great health benefits. She raves that she’s feeling calmer and stronger and better prepared for childbirth next month! “Yoga has equipped me with new tools for relaxation, increased mind-body connection, and even improved stamina and endurance essential for labor.” Added bonus: “Coming to the gym gives me “ME TIME”!!!!



CONGRATULATIONS, HARMONI!

