

Total Control Pelvic Health and Wellness Program

The Total Control® Program is an 8 week medically-based low impact fitness and educational program that combines a pelvic strengthening regimen, an invigorating total body workout, and valuable education all into one. The Total Control® program focuses first on strengthening your Pelvic Pyramid - a powerful trio of muscles (the transverse abdominal, the multifidus and the pelvic floor muscles) that support and stabilize the lower spine and pelvis. The program includes a variety of exercises engaging the Pelvic Pyramid to promote healing, restore muscle tone, and improve bladder control.

Whether your goal is fitness, wellness or prevention, women of all ages, life stages and fitness levels can now improve flexibility, posture, strength, and take control of their lives with the [Total Control® Program](#). Proven by medical research, the Total Control® program can help you: Flatten Abs, Improve Bladder Control, Sleep Better and More Comfortably at Night, Enhance Posture and Balance.

“I never used to have an issue or be self-conscious of my bladder control until after I had my second baby. After having him, I found myself needing to wear liners every day and even change them once or twice because I would leak while sneezing, coughing or even standing up... By the end of class, I didn't need to wear liners anymore and felt like things were better than before... [I'm] definitely happy with the class and techniques used to strengthen the pelvic floor muscles”. -Kyra

Session 1 – Lakeside Wellness Center Conference Room

Tuesdays and Thursdays 6:30 to 7:45am

March 26th to May 16th

* minimum of 4 participants maximum of 6 participants

Session 2- Lakeside Wellness Center Conference Room

Mondays and Wednesdays 10:30 to 11:45am

March 25th to May 20th (No class May 1st)

* minimum of 4 participants maximum of 6 participants

Session 3 – Lakeside Wellness Center Conference Room

Tuesdays and Thursdays 6:00 to 7:15pm

March 26th to May 21st (No class May 16th)

* minimum of 4 participants maximum of 6 participants

Cost

Members \$225

Non Members \$275

*participants will need to bring their own yoga mat to class each week

To sign up please call 402-758-5700 or stop by the Lakeside Wellness Center front desk today!

