



Contact:

Jennifer Gelband
Marketing & Communications Manager
JCC of Greater New Haven
203.387.2522 x380

Ann Cowlin
Dancing Thru Pregnancy®
director@dancingthrupregnancy.com

DTP's TOTAL PREGNANCY FITNESS™ TO MEET AT JCC

NEW HAVEN, Connecticut; April 4, 2014 –The JCC of Greater New Haven at 360 Amity Rd. in Woodbridge is the newest location to offer Dancing Thru Pregnancy's TOTAL PREGNANCY FITNESS program beginning May 6, 2014. The class meets on **Tuesdays from 6-7 p.m.** and will be taught by DTP® Master Teacher Leslie Blatteau, MA CDTP. Blatteau, a history teacher at Metropolitan HS, also helps train new DTP instructors.

"We're thrilled to offer this class at the JCC as part of our mission to facilitate total wellness through programs that stimulate mind, body and spirit," said Susan Donovan, Director of Fitness Services at the JCC. "The JCC strives to create a warm, friendly atmosphere for health, thought, learning and values for everyone in the community."

Developed by Yale Athletic Department movement specialist Ann Cowlin, MA CSM CCE, the program has been serving Greater New Haven since 1981, as well as cities throughout the USA since 1984, and locations around the world from Australia to South Africa and China to Estonia since the mid 1990s. On April 8, 2014, DTP was featured on Good Morning America.

The class is an ongoing movement program based on dance, yoga, principles of strength training and cardiovascular fitness, as well as observations of movement

patterns in labor and birth. Women are encouraged to start between 10 and 14 weeks – although they may begin later – and continue throughout their pregnancies. Cowlin has participated in research demonstrating the benefits of this integrated approach to fitness in pregnancy and reported on findings at such conferences as the *Society for Gynecologic Investigation* (SGI) and the *International Association for Dance Medicine and Science* (IADMS).

“I found DTP’s Total Pregnancy Fitness critical during my pregnancy, birth, recovery and early parenting experience,” says DTP grad and certified instructor Alana Abbott, echoing comments from millions of participants.

For more information and registration, visit jccnh.org. Drop-in fees are \$15 for JCC members/\$20 for nonmembers, 4-class packages are \$40 for members/\$60 for nonmembers.