



PRENATAL AND MUMS & BUBS PILATES

Keep fit, healthy and strong during your pregnancy and get back into shape after your baby is born. Our Pilates classes are specifically designed and instructed by a physiotherapist in a safe and fun environment. Details phone: 9481 2955



THE DETAILS

Classes are designed and run by a physiotherapist. Modern Pilates equipment. Full body workout focusing on pelvic floor and deep abdominal muscle strength. Max 4 participants (plus babies). Initial assessment must be conducted first with a physiotherapist.

Prenatal:

Monday 5:30pm-6:30pm

Saturday 11:30am-12:30pm

Mums and Bubs:

Wednesday 1:00pm-2:00pm

Friday 12:00pm-1:00pm

For price details and booking phone 9481 2955.
Private health insurance rebates may apply.