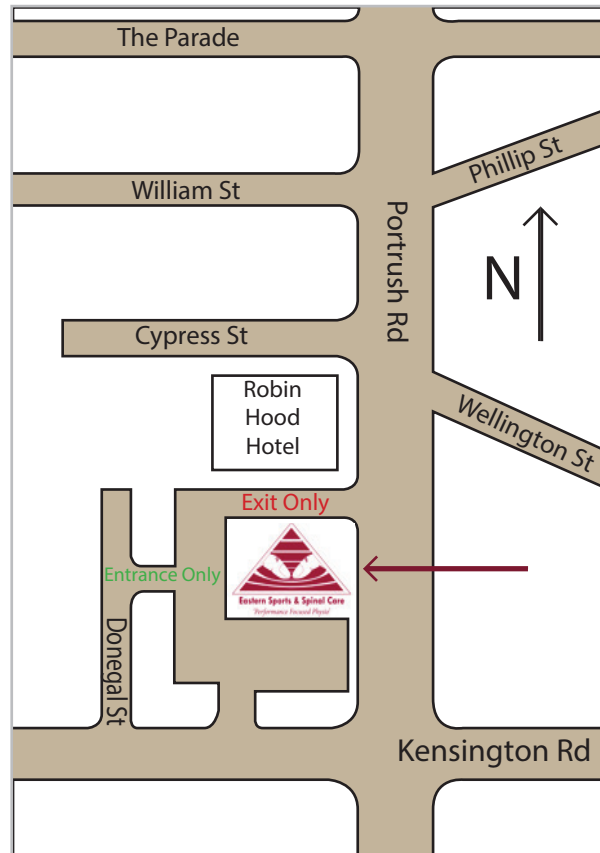


Goals

Pilates for Pregnancy aims to assist you to achieve the following goals:

- Have fun, build strength and confidence as you embark on an exciting new life challenge.
- Maintain abdominal and pelvic floor control to maintain pelvic stability.
- Improve muscle endurance and strength to assist with looking after your body.
- Maintain flexibility and fitness throughout your pregnancy.
- Learn how to look after yourself during and after pregnancy to enable you to recover more quickly.
- Learn about the physical changes happening to your body and how best to work with them.
- Stay fit and active safely as your body changes shape.

Location



Opening Times

Monday - Friday

8:30am - 6pm

Ph: 8331 0606

Fax: 8331 0832

Web: www.sportsspinal.com.au



Eastern Sports & Spinal Care

Pilates Physiotherapy Vibrogym

'Performance Focused Physio'

Pilates During Pregnancy

Pre & Post Natal Exercise Classes

Pilates for Pregnancy

(and after) is aimed at educating expectant and new mothers in the most efficient, supportive and safe way to exercise for your changing shape.

How It Works

The **Pilates for Pregnancy** class addresses flexibility, strength, postural awareness, balance and fitness. During the class you will be taught about the physical changes happening to you and the exercises will be tailored to your stage of pregnancy.

Prior to starting classes an individual assessment and some initial technique training of specific spinal stabilisation may be required...

How We Can Help You

The **Pilates for Pregnancy** Program helps you:

- Maintain flexibility
- Pelvic control
- Muscle endurance particularly for back, legs and side flexors
- Improves upper back endurance to prepare for feeding new babies
- Limb Strength

Most new mums start with a mat class - but your program will be modified as you change shape and some may be more suited to Pilates equipment...



Pricing

Initial consultation - Allow 1 hour where our physio will determine your specific needs and any identified limitations or precautions that you need to be aware of.

Initial consultation = from \$95

Classes - 45 Minutes

Pay as you go = \$32

Pre Pay (10) = \$27.50 (each) = \$275

Private Health Rebates Apply to ALL classes

Availability

Specific Pilates for Pregnancy programs vary according to demand.

If there is not a specific **Pilates for Pregnancy** Class running you are welcome to join our regular Pilates classes provided you notify the physiotherapist of your stage or pregnancy/post natal recovery and the exercises will be tailored to your needs.