



# PHYSIO PILATES

## *Pregnancy Classes*

Small group exercise classes designed by physiotherapists for pregnant women from 12 weeks to delivery.

The classes include Pilates and Yoga along with current research concepts in core stability and pregnancy exercise. You will work on strengthening your pelvic floor, back, abdominal and gluteal muscles along with maintaining flexibility and control of your changing body.

All classes are taught by physiotherapists. Bookings are essential as class sizes are limited. Please call or email for current class times and availability.

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The Physiotherapy  
Clinic





# PHYSIO PILATES

## *Post Natal Classes*

Small group exercise classes designed by physiotherapists for new mothers. The classes are based on Pilates with current research concepts in core stability. We work on regaining strength, control and flexibility of your body after baby. In particular we focus upon the pelvic floor, back, abdominal and gluteal muscles

Bring your baby along as we interact with the baby while exercising.

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