

A photograph of a woman with blonde hair and a baby in a swimming pool. The woman is in the foreground, looking towards the baby. The baby is in the background, smiling and looking towards the camera. The water is blue and rippling.

Antenatal/

Postnatal Classes

Wellness

FOR WOMEN

SportsMed Subiaco offers a variety of exercise options for pregnant women and new mothers wanting to maintain their fitness and strength during this special time.

Antenatal/Postnatal Hydrotherapy

Antenatal - Classes enable you to exercise safely in a buoyant environment throughout your pregnancy.

Postnatal - Our heated hydrotherapy pool affords you and your baby the comfort of experiencing water in a safe, relaxed and fun group environment. The first 20 minutes of class is a session with parent (either Mum or Dad) and baby. After a 15-20 minute break Mums return to the pool for a 45 minute fitness session. Babies are supervised poolside by a staff member.

All classes are conducted by qualified physiotherapists who target the strengthening and toning of the important muscle groups (e.g. abdominals, pelvic floor, upper and lower limb postural muscles) while improving cardiovascular fitness post-pregnancy.

Antenatal/Postnatal Pilates Classes

Both antenatal and postnatal pilates classes incorporate a fusion of matwork and reformer based exercises that target strength, cardiovascular fitness and dynamic postural control and stability.

Our qualified physiotherapists instruct the class with emphasis on technique, breathing, and function to keep you safe, healthy and strong during your pregnancy and postpartum. All classes require a prior assessment with a qualified women's health physiotherapist.

Ask at reception or call today on **08 9382 9600**

Important Information

Antenatal Hydrotherapy

Monday to Thursday 6pm-7pm

Antenatal Pilates

Tuesday 5.30pm-6.30pm

Postnatal Hydrotherapy

Monday 1pm-2.30pm
2.30pm-4pm

Tuesday & Friday 10.30am-12pm

Postnatal Pilates

Wednesday 11am-12pm

Women's Hydrotherapy Exercise Class

Thursday 12pm-1pm



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