

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 splashing water. The text 'Wellness FOR WOMEN' is overlaid on the right side of the image.

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. This class is suitable for immunised babies from 8weeks through to 6months old.

Advanced Postnatal - A progression from Postnatal Hydrotherapy, this high intensity class is suited to Mums who are ready for a step up and want to keep exercising in the pool after their babies are 6 months old. This class is for mothers only.

All classes are conducted by qualified physiotherapists who target all important muscle groups (e.g. abdominals, pelvic floor, upper and lower limb postural muscles) while improving cardiovascular fitness.

Antenatal Pilates Classes

Antenatal 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	6pm-7pm
Tuesday	6pm-7pm
Wednesday	6pm-7pm
Thursday	6pm-7pm

Antenatal Pilates

Tuesday	5.30pm-6.30pm 6.30pm-7.30pm
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Postnatal Hydrotherapy

Monday	1pm-2.30pm 2.30pm-4pm
Tuesday	10.30am-12pm 7pm-8pm (mums only)
Wednesday	1pm-2.30pm
Friday	10.30am-12pm

Women's Hydrotherapy Exercise Class

Thursday	12pm-1pm
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