



# Antenatal/

# Postnatal Classes

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 exercise 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.

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

## Important Information

### Antenatal Hydrotherapy

Monday to Thursday 6pm-7pm

### Postnatal Hydrotherapy

Monday 1pm-2.30pm  
2.30pm-4pm

Tuesday & Friday 10.30am-12pm

### Women's Hydrotherapy Exercise Class

Thursday 12pm-1pm

### Mum's n Bub's Exercise Classes

Tuesday 10.30am-11.30am

Tuesday 11.30am-12.30pm

Thursday 10.30am-11.30am

### Antenatal/Postnatal Exercise Classes

Saturday 10am-11am

Wednesday 12pm-1pm



A photograph of a woman with long brown hair, wearing a green t-shirt, smiling and holding a baby. The baby is looking towards the camera. The background is a soft, out-of-focus indoor setting.

# Antenatal and *Postnatal classes*

Specialised land-based strengthening classes combining strength, cardiovascular fitness and dynamic postural control & stability.

## Antenatal/Postnatal Exercise Classes

At SportsMed Subiaco, our combined antenatal/postnatal exercise classes operate in a circuit format and combine gym, pilates, reformer and floor-based exercises for up to ten women per class.

Our qualified physiotherapists instruct the class with an emphasis on technique, breathing and functional control to keep you safe, healthy and strong during your pregnancy and after your delivery.

## Mum's n' Bub's Exercise Classes

An excellent option for postnatal mums who would like to build on their core strength, fitness and flexibility whilst having the convenience of being able to bring their babies. This class is conducted by our physiotherapist and is available from 8 weeks postnatal. The class also involves baby massage guided by our physiotherapist.

This is a great option after your baby has graduated from postnatal hydrotherapy class to baby swim.

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

