



# FIT-4-2

## PREGNANCY FITNESS

### Instructed by Physiotherapists

Fit-4-2 classes are designed to provide safe exercise for pregnant ladies, with exercises focused on targeting the body areas affected by pregnancy and helping to reduce the symptoms of pregnancy.

The classes incorporate

- Pilates based strengthening exercises
- Low impact cardio workout
- Stretches
- Supportive environment with other mums-to-be

Class numbers are kept to a maximum of 8 to ensure that individual attention can be given.

Set of 10 classes: Flexible Set \$200 / Locked In Set (attend at least one class a week) \$160  
Casual class \$25.

Rebates can be claimed on private health cover.

Contact: Louise Hateley / [louise@fitbyphysio.com.au](mailto:louise@fitbyphysio.com.au) / 0406581869 / [www.fitbyphysio.com.au](http://www.fitbyphysio.com.au)

**FREE CLASS:** Contact Louise for a free trial class

Ensure to bring a water bottle to the class and that you have had something to eat within the previous 4hours.



- Get fit • Strengthen abdominals • Total body toning • Pelvic Floor • Preparation for the physical demands of pregnancy and being a mum • Help prevent the aches and pains associated with pregnancy