



## EXERCISE CLASSES FOR THE NEW MUM AND HER BABY Instructed by Physiotherapists

MummyFit classes are designed for the new mum to help you get back into shape safely after your pregnancy. The classes incorporate

- Pilates based strengthening exercises targeting the body areas affected by pregnancy to help ensure a full recovery following pregnancy and safe return to exercise.
- Graduated cardio – both high intensity and low intensity options are available. Some classes are pilates/strength only for those ladies who do not want to run around the park – see timetable to see which classes these are.

The classes are structured to allow your babies to attend and cater to all women's fitness and health goals. Prior to attending your first class you need to complete a registration form which will give Louise a brief history of any injuries or medical conditions that you may have. This will ensure that she can design a program that suits your needs.

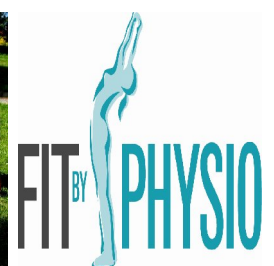
You need to be at least 6 weeks postnatal prior to attending your first class. This is to ensure that you are ready to begin exercising. Class numbers are kept to a maximum of 8 to ensure that individual attention can be given.

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 to book in for a free trial class.



🏃 Get fit 🏃 Strengthen abdominals 🏃 Total body toning 🏃 Pelvic Floor 🏃