



Our *MUM'S & BUB'S Prenatal* and *Postnatal* classes are instructed by our Exercise Physiologist (and mother), Terri Bootsman, and involve a variety of Yoga and Pilates exercises. Both classes require the completion of the **Medical Clearance Form** and brief consultation with Terri, **BEFORE** participating.

COST:

- Evolve Class Members – FREE
- Evolve Gym Only Members - \$8
- Casual / Non-members - \$12

PRENATAL CLASSES are designed to assist pregnant women with:

- Preparing your body to have the best birth you can
- Developing and maintaining muscle tone
- Feeling comfortable, fit and healthy through your pregnancy
- Education on the importance of pelvic floor and abdominal strength
- What to expect during pregnancy and birth, and what to do AFTER!

CLASS DETAILS:

- Wednesdays 5.45pm (45min)
- Minimum 12 weeks gestation to BEGIN classes (recommended)
- 'Energy Studio' @ Evolve Fitness + Wellbeing (downstairs studio)

POSTNATAL CLASSES are designed to assist mothers with:

- Helping your muscles recover
- Recovering your pelvic floor, deep abdominal strength and tone
- Setting the foundation for good abdominal health, ready for fitness
- Preparing to regain and building on your fitness
- Providing a comfortable, social environment to focus on YOU

CLASS DETAILS:

- We are not currently running Postnatal classes on the Spring Timetable.
- We encourage you to attend our scheduled Pilates and Yoga classes, and organise to time to speak with Terri prior to class if you have any physical concerns etc.