



INSPIRE Pregnancy/Postnatal Fitness Classes

The INSPIRE Pregnancy/Postnatal Fitness Class involves a combination of low-impact fitness work (using fitballs) and pilates. This class is ideal to improve your fitness, reduce weight gain, improve abdominal and pelvic floor muscle strength, as well as toning the rest of the body. There is a heavy emphasis on deep abdominal and pelvic floor muscle strengthening in the classes, as these two muscle groups are heavily challenged during pregnancy and childbirth. This class is also great to help you regain your pre-baby body.

The INSPIRE Matwork Pilates Class is designed to improve strength of the pelvic floor, deep abdominal and postural muscles, as well as toning the body. Matwork pilates is ideal for pregnancy and after the birth of your baby. *These classes run in 10 week terms. Please refer to the 'INSPIRE Matwork Pilates' timetable for dates.*

Research demonstrates that **one in three women will suffer urinary incontinence** at some point in their life after giving birth to a baby. Research also demonstrates that women who perform regular pelvic floor muscle exercises during pregnancy have a better outcome after the birth of their baby (ie. there is reduced risk of urinary incontinence). Hence, the classes are a great time to remind you to do your pelvic floor exercises!

Classes are conducted at:

- **Brentwood Park Neighbourhood Centre, 21 Bemersyde Drive, Berwick (Mon)**
- **Beaconsfield Neighbourhood Centre, 8 O'Neil Road, Beaconsfield (Wed)**

INSPIRE Pregnancy/Postnatal Fitness Class Timetable

Day	Times
Monday	6:00pm – 6:50pm
Wednesday	7.30pm - 8.20pm

All women must have an assessment prior to commencing classes. This involves discussing any concerns/pain and discussing pelvic floor and deep abdominal muscle exercises.

The assessment and classes are able to be claimed with 'physio extras' private health insurance.

Contact **9769 7579** to book your classes today.