

Join Us For

Mums and Bubs Pilates

After 40 weeks of pregnancy, you are suddenly flung into the very physical job of being a mum. Many women don't anticipate the difficulty, pain or feeling of weakness they experience with the endless hours of nursing, carrying, bending, stooping and crouching.

Our Mums and Bubs Pilates classes are designed to help you regain your pre-baby strength and fitness by targeting your:

- Core
- Abdominal separation
- Pelvic floor
- Rehab post cesarean section
- Tummy and butt toning (not just for aesthetics, but because it's important to have strong abs and glutes to manage all the bending and lifting of your little angel).

Why Mums and Bubs Pilates -

Our mums and bubs Pilates classes were born out of need for mummies who want get back into exercise after giving birth but:

- don't have a baby sitter
- don't feel comfortable leaving their baby
- don't know when their baby will feed next so want bubs close by
- don't want to hurt themselves by doing the wrong exercises
- have pelvic floor concerns (eg. episiotomy, leaking)
- have abdominal separation
- have had a cesarean section
- their OB/GP recommends Pilates.

How the classes work -

Our classes are run by a Physio who will guide you to a stronger, leaner body. Your physio will demonstrate exercises as well as come around answering questions, checking technique and making sure you feel the burn in the right place. Depending on your situation, all exercises will be altered to suit you and your ability/focus.

Your baby will be included in many of the exercises. For some exercises, bubs may be used to add weight and increase difficulty.

Details -

Our Pilates classes are suitable for all mums 6 weeks post-partum (cleared by their Dr) and all fitness levels. Since our classes are taught by a physio, and there is a maximum of only 4 people in a class, you will be able to claim each class using your private health insurance.

The total cost for 6weeks is \$198. Full payment is required prior to starting your first class. At the end of your 6weeks, you will be given a receipt that you can use to claim back from your private health fund under physiotherapy (Code 505).

We want you to get the most out of the program, and so we run a 7th class, absolutely FREE. This can be used to make up a class if you or your baby have been sick and missed a class. If you have attended all 6 scheduled classes, this is simply a bonus class for you.

Please contact us to find out when our next mums and bubs class is due to start. It is essential you reserve your place as we only allow 4 lovely mummas (and their bubs) to join. Email info@phyxphysio.com.au to book your spot or for more info.

Extra information -

- Appropriate 6weeks post-partum and before bubs is on the move (generally 9 or 10months old). All fitness levels welcome
- Bring along anything that might help your little angel keep calm in a new environment (eg. Favorite toys)
- For some babies, class time may coincide with their usual sleep time, and that's okay. Bring along your pram for baby to sleep beside you while you exercise
- We have a spare room if you would like to feed your baby
- We know how easily colds spread and we put the health of our bubs above all else. To minimize the spreading of colds, if you or bub are ill, please cancel your class in advance or ring/email first thing that day. Remember, there is a make up class in week 7 absolutely free.

Please email us to reserve your place. info@phyxphysio.com.au. (You are unable to book in to Mums and Bubs Pilates online). We look forward to meeting you :)



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