



Antenatal/

Postnatal Classes

SUBIACO
Women's health

Important Information

Subiaco Women's Health offers a variety of exercise options for pregnant women and new mothers wanting to maintain their fitness and strength during this special time.

Antenatal/Postnatal Hydrotherapy

Antenatal - Classes enable you to exercise safely in a buoyant environment throughout your pregnancy in a fun and social group environment.

Postnatal - Our heated hydrotherapy pool affords you and your baby the comfort of experiencing water in a safe, relaxed and fun group environment. The first 20 minutes of class is a session with parent (either Mum or Dad) and baby. After a 15-20 minute break Mums return to the pool for a 45 minute fitness session. Babies are supervised poolside by a staff member. This class is suitable for immunised babies from 8 weeks through to 6 months old.

Advanced Postnatal - A progression from Postnatal Hydrotherapy, this high intensity class is suited to Mums who are ready for a step up and want to keep exercising in the pool after their babies are 6 months old. This class is for mothers only.

Both antenatal and postnatal hydrotherapy classes focus on global strengthening and aim to improve cardiovascular fitness and are conducted by qualified physiotherapists with experience in women's health. Health fund rebates apply.

All classes require an assessment with a qualified women's health physiotherapists prior to commencement.

Ask at reception or call today on **08 9382 9600**

Antenatal Hydrotherapy

Tuesday	6pm-7pm
Wednesday	6pm-7pm
Thursday	6pm-7pm

Postnatal (Mums & Bubs) Hydrotherapy

Monday	1pm-2.30pm
Tuesday	10.30am-12pm
Wednesday	1pm-2.30pm
Thursday	1pm-2.30pm
Friday	10.30am-12pm

Postnatal (Mums Only) Hydrotherapy

Tuesday	7pm-8pm <i>(mums only)</i>
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Antenatal/Postnatal Pilates Classes

Antenatal pilates classes incorporate a fusion of matwork and reformer based exercises that target strength, cardiovascular fitness and dynamic postural control and stability.

Our qualified physiotherapists instruct the class with emphasis on technique, breathing, and function to keep you safe, healthy and strong during your pregnancy and postpartum.

Our postnatal pilates classes incorporate a fusion of mat and reformer-based exercises designed to help with early postnatal recovery. These classes are suitable for mums from 6 weeks to 6 months postnatal and are designed to be fun, social and appropriately challenging.

Classes are led by a women's health physiotherapist as we recognise that many women are still healing and require modifications in the early stages after giving birth, so moving your body under the guidance of a specialist will help set you up for success! Mums may bring their newborns if they do not have a baby sitter.

All pilates classes require an assessment with a qualified women's health physiotherapist prior to joining.

Health fund rebates apply for classes.

Ask at reception or call today on **08 9382 9600**

Antenatal Pilates

Tuesday	6pm-7pm
Saturday	9am-10am

Postnatal Pilates

Monday	1pm-2pm
Wednesday	11am-12pm

