

Pilates for Pregnancy



Are you looking for a safe way to exercise during your pregnancy?

Come to Pilates Plus and meet other mums to be whilst learning how to take care of you and your posture both during and following your pregnancy.

Each trimester of your pregnancy places new demands upon your body which begin to change the shape of your body and spine, together we can look at the issues concerning you and achieve what you need to experience a positive pregnancy and labour.

Exercise during your pregnancy is extremely important for both you and your baby and Pilates is an enjoyable and safe way to help you stay toned, relaxed and healthy.

Courses will run in 6 week modules from 12 weeks through to 30 weeks with one last course 12 weeks after you have had your baby.

Only 3 clients per session in a fully equipped Pilates studio using the Reformer, Cadillac and Wunda chair.

Wednesdays 12.45 and 2pm

JUST £210 FOR 6 WEEKS

Includes free DVD, handouts and welcome baby package.

BOOK NOW!

Pilates for Pregnancy

Module 1 For those between 12-15 weeks pregnant

In these early days as you move into your second trimester you may still be feeling tired, but energy levels will start to increase from now on. The focus of these sessions will be on posture and pelvic floor muscles, whilst introducing you to basic Pilates techniques.

Includes DVD, worth £25

Module 2 For those between 18-21 weeks pregnant

By now you will be getting used to being pregnant and we can work on gentle strengthening exercises for your own wellbeing. Your changing shape will also be putting different pressures on your spine and we will look at ways to take care of your posture and your back.

Module 3 For those between 24-27 weeks pregnant

Taking you right through your third trimester. Focus will be on breathing techniques and relaxation as well as useful tips and exercises for the weeks following your delivery.

Module 4 12 weeks after your baby is born

We will invite you back to join us, see how everything is going and show you exercises to help bring your body carefully back to normal.

Includes welcome baby package

**Please ask at Pilates Plus or call us on
0208 8923403 to find out when the next
course is starting.**

Courses may be joined at module 1 or 2 only. Following courses will be offered directly following the end of your last module. Classes must be taken and paid for as a course of 6 weeks and are non refundable.

We do offer Pilates for pregnancy under our normal class schedule and prices if these times are unsuitable for you.