

Antenatal and Postnatal CLASSES

SportsMed Subiaco offers a variety of exercising options for pregnant women and new mothers wanting to maintain their fitness and strength during this special time.



HYDROTHERAPY– Antenatal and Postnatal

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

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.

All exercise classes are conducted by qualified physiotherapists who target the strengthening and toning of the important muscle groups (e.g. abdominals, pelvic floor, upper and lower limb postural muscles) while improving cardiovascular fitness post-pregnancy.



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EXCELLENCE IN DIAGNOSIS & MANAGEMENT

PROGRAM DETAILS

Antenatal	55 min session
Hydrotherapy	Tues 6pm-7pm Wed 6pm-7pm Thurs 6pm-7pm 11am-12pm
Mum's n' Bub's Pilates	Mon 11am-12pm
Postnatal Hydrotherapy	90 mins session Mon 1pm -2:30pm 2.30pm-4.00pm Tues 10.30am – 12pm Fri 10:30am - 12pm
Pilates and Gym combined class	55 mins session Sat 9am-10am
Pilates	Sat 10am – 11am Wed 12pm – 1pm
Introductory Pilates	55 mins session Sat 11am – 12pm

*The introductory class is a pre-requisite for attendance at all Pilates classes.

CONTACT DETAILS

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ANTENATAL AND POSTNATAL CLASSES

Specialised land-based strengthening classes combining strength, cardiovascular fitness and dynamic postural control & stability.

Antenatal/Postnatal Pilates

Pilates is a low load, low impact form of exercise focused on postural awareness and correction, functional strengthening and spinal and pelvic control.

At SportsMed Subiaco, our combined antenatal/postnatal classes operate in a circuit format and combine reformer and floor-based exercises for up to ten women per class.

Our qualified physiotherapists instruct the class with an emphasis on technique, breathing and functional control to keep you safe, healthy and strong during your pregnancy and after your delivery.

Mum's n' Bubs Pilates

An excellent option for postnatal mums who would like to continue maintaining their fitness and core strength whilst having the convenience of being able to bring their babies. This class is available from 8 weeks postnatal and is also conducted by our physiotherapists. This is also a great option after your babies have graduated from postnatal hydrotherapy class to baby swim.



Antenatal/Postnatal Pilates & Gym

We have a combined 25 minute gym component with 25 minutes of Pilates for those who wish to maintain a higher level of fitness and strength.

Our qualified therapists supervise a challenging but sensible gym regime using free weights, machine weights, exercise balls and cardio equipment.

Like the Pilates-only class, the combined Pilates & gym session is run in a circuit format and is specifically designed for women during the antenatal and postnatal stages

NB Completion of the Introductory Pilates Class is a prerequisite for all the antenatal/postnatal pilates classes.