Pilates by Physiotherapy

Physiotherapy & Sports Injury Clinic

Tel: 07814776047

ANTE NATAL EXERCISE AND RELAXATION CLASS

Thursday 6.30pm-7.15pm

On Zoom

Pilates is known to be an excellent form of exercise during pregnancy because it is low impact and gentle yet focuses on the pelvic floor and deep abdominal muscles.

Booking essential Contact : Anne Burr
07814776047 starts January 2021

BENEFITS

- **Exercise Safely**
- **Strengthen your Body**
- **Prepare for Pregnancy**
- **Improve Posture**
- **Reduce Aches of Pregnancy**

All classes are run by experienced **Chartered Physiotherapist** with Specialist training in Women's Health

www.pilatesbyphysiotherapy.com

Unit 3, City West Business Park, ST Johns Road, Meadowfield.DH7 8ER