

# Pilates & Pregnancy.



- ✓ Reduce Back Pain
- ✓ Reduce Neck Pain
- ✓ Improve Posture
- ✓ Stronger Toned Physique
- ✓ Improve Flexibility

Amongst the many changes pregnancy causes to your body, there is a gradual softening of your ligaments to help prepare for birth and a reduction in your core strength. With a growing baby to support, your body is at greater risk of injury. Pilates is a safe and energising form of exercise to alleviate pain and maintain core stability.

## CLASS DETAILS:

- *Tailored for women at any stage of pregnancy*
- *Classes are held in our air-conditioned studio*
- *Morning, Evening and Daytime classes available*
- *Classes supervised by experienced physiotherapists*
- *Bookings essential*

**BOOK  
NOW**

**Victoria Physiotherapy Group**

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