



Pregnancy Pilates

As of 1st October 2017 new Policies/Guidelines will take effect regarding pregnant Pilates participants.

The reason for these changes is to provide a class plan that eliminates exercises that put unnecessary pressure or tension on the body of a pregnant woman.

These policies/guidelines apply to anyone who is currently pregnant or becomes pregnant at any time during term. It is vital that if you do become pregnant your instructor is informed (this information will be kept confidential) and a letter is obtained from your GP/Obstetrician/Midwife stating that you are able to take part in our classes during your pregnancy.

After the first trimester (12 weeks onwards) you will need to join a pregnancy specific class or an open session where you will have an individual therapeutic exercise program suited to your needs.

Open sessions run at least once a day with daytime and afterhours session times available.

Open sessions are booked on a week to week basis which allows for more flexibility as you have the ability to book the day and time of your choice.

These precautions are put in place to ensure we are able to provide a safe environment where your needs are catered for.