

Pilates for Mums



Post-Natal Pilates

Teachers: Aga Waszkielis

Wednesday: 12:30 to 13:25

Thursday: 10:35 to 11:30 and 11:45 to 12:40

Had a baby recently? Then you know being a mother can be hard work. Bring baby with you and come along to our post-natal Pilates class. This class will help you to recover your pre-baby shape and boost your much-needed energy levels.

Our studio provides a calm and relaxed environment to help you to:

- Strengthen your pelvic floor muscles that are weakened by pregnancy to avoid problems of incontinence
- Retrain your abdominal muscles to help support your spine and pelvis and recover your pre-baby shape
- Treat separated abdominal muscles
- Re-educate correct postures following the natural changes in your body through pregnancy.
- Strengthen your upper body and learn how to lift and hold your growing baby to avoid back problems
- Learn relaxation techniques to reduce stress and help you to sleep

You should wait until you have been given the go-ahead by your GP at your post-natal check before joining this course. Numbers are limited to 8 mothers and their babies to ensure individual attention and classes will last one hour. While you exercise your baby can sit in a baby seat in the studio or lie on a mat by your side.

Cost: 6-class course - £78. 1st course open to non-members.

For more information or to book email bookings@boco-uk.com or call **020 8399 3930**

About the teachers:

Aga Waszkielis has an impressive background in sports rehabilitation and specialises in treating musculoskeletal injuries which is evident in her classes. She trained with the Australian Physiotherapy & Pilates Institute (APPI) to teach pilates for ante-natal, post-natal and general pilates classes and believes that everyone of any age can benefit from both structured exercises, and that pilates is a great way to become stronger and fitter.



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