

Pilates for Mums



Post-Natal Pilates

Teacher: Kate Collister

Thursday: 10:35 to 11:30

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
- 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:



Kate Collister joined us to teach gentle pilates and Mother & Baby PN pilates on Thursday mornings. She trained with Body Control Pilates and has been teaching for two years. She recently completed her pre and post natal training and is currently completing the coursework for the Level 3 qualification. She has also completed the Bone Health training and has experience of working with clients with specific injuries.