

Pilates for Pregnancy



This class is specifically designed for pregnancy to maintain your strength and posture and assist in your labour

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

- Strengthen your pelvic floor muscle control to prevent incontinence and aid in labour
- Improve postural awareness
- Strengthen abdominal and gluteal muscles to support and stabilise the pelvis and spine
- Reduce musculo-skeletal pain
- Stretch spinal and upper limb muscles to relieve tension
- Aid relaxation and advise on positions of relaxation
- Maintain effective circulation to aid with swelling
- Incorporate positions for labour into your exercise programme

If Pilates is part of your usual exercise regime you can start at any time through your pregnancy. If you are new to Pilates you can start any time after 13 weeks of pregnancy.

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

Class schedule:

Tuesday:	19:00 (Lena Knight)
Thursday:	19.00 (tbc)

About the teacher:



Lena Knight is a trained dancer/stage actor, and a qualified Pilates (including Ante-Natal) teacher. She has been teaching Ballet Tone, Stretch&Tone, and Pilates classes for over 10years. Pilates is her focal dedication. Her key priority is a safe and effective teaching focused on precision and control of the movement – the main Pilates principles. She respects that everyone works within their own capabilities therefore she adjusts exercises according to the individual's need.

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